

redbook



Erin Andrews

The *Dancing With the Stars* host on facing her critics and finding joy

WIN!

A trip to the *Dancing With the Stars* finale

Enter for a chance to win. Details inside.

8 healthy tricks that feel like treats

YOU'RE STRONGER THAN YOU KNOW!

How to build confidence—and get the life you want

LOOK YOUR BEST AT ANY AGE!

New beauty rules for 30, 40, 50

22 jeans that'll fit *your* body perfectly

SAVE MORE, STRESS LESS

Simple ways to take control of your money

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—Gabrielle Union



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“I love women
who just
OWN IT,
who aren’t
afraid to be
themselves.”

—Erin Andrews

The new rules for LOOKING YOUNG

Contrary to what the *Real Housewives* seem to think, the secret to defying your age isn't a leather mini or platform heels—it's knowing which skin, hair, and makeup products to use. Meet the plan that's right for you right now, and stay radiant for years to come.

BY KAYLEIGH DONAHUE HODES

Josie Maran
Argan
Enlightenment
Illuminizing
Wand, \$28.

IN YOUR 30s

YOU MAY STILL LOOK LIKE a fresh-faced 20-something, but starting a few key skin-care moves now will pay off later on. "Your skin's exfoliation process slows during these years, so use a soap-free exfoliating cleanser twice a day," says Mona Gohara, M.D., an associate clinical professor of dermatology at Yale School of Medicine. Try Aveeno Smart Essentials Daily Detoxifying Scrub, \$4.99. In the a.m., smooth on an antioxidant serum, followed by a BB cream with broad-spectrum SPF 30—"because wearing sunscreen daily is the single best way

to prevent lines and spots, and a BB cream also works as your moisturizer *and* delivers a healthy tint," says Doris Day, M.D., a clinical associate professor of dermatology at New York University Langone Medical Center. Then, to get a *safe* sunny glow, dab a champagne highlighter on your lids, from the tops of cheeks to your temples, and in the cupid's bow of your mouth.

Your 30s are also the time to settle into a long-term relationship... with a retinol product. "The ingredient is proven to fight wrinkles, spots, and dullness, so the sooner you start using it, the longer you'll delay skin aging," says Gohara. Begin with a pea-size drop twice a week and build up to every night. Try RoC Retinol Correxion Deep Wrinkle Night Cream, \$22.99.

Aveeno Clear
Complexion
BB Cream
Broad
Spectrum
SPF 30,
\$14.99.



IN YOUR 40s

THE SKIN SHIFTS THAT happen in your 40s can seem pretty dramatic—roughness, lines, spots—but the solutions couldn't be simpler. "Once a week, apply an at-home glycolic acid peel to dissolve dead cells and fade wrinkles and spots," says Gohara. "On the other nights, use a facial cleansing brush with a soap-free wash." Then, step up your moisturizer to one that's rich in hyaluronic acid, "which draws moisture to skin without feeling heavy," says Day. Try Neutrogena Hydro Boost Water Gel, \$18.99. Continue slathering



Padma
Lakshmi, 45,
proves that
rosy makeup
and loose
waves are
flattering at
every age.

LAKSHMI: D DIPASUPLI/FILMMAGIC. STONE: BARRY KING/FILMMAGIC. PILLS: STUARTBUR/GETTY IMAGES. ALL OTHER STILLS: CHRISTOPHER COPPOLA/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

on SPF 30 in the morning and using a retinol product in the evening, but skip retinol on nights you do the glycolic acid peel. And don't overlook the best free anti-ager: sleep. "When you don't get enough rest, your body's cortisol levels spike and attack your skin's collagen and elastin—the stuff that keeps it firm and smooth," says Gohara.

Your hair might also be changing (sigh). As hair follicles shrink, strands may grow in finer. A scalp treatment with 5 percent minoxidil can beef them back up within six months, "though to keep up the results, you have to continue using it every day," Day says. The treatment takes all of one minute, and who doesn't have that to spare?



Sharon Stone's choppy layers and swipe of bright lipstick give the 57-year-old a fresh, youthful look.



RoC Retinol Correxion Sensitive Night Cream, \$22.99.



IN YOUR 50s

EVEN IF YOU'VE NEVER USED anti-agers before or were lax on wearing sunscreen when you were younger (hey, nobody's perfect), you can still have soft, luminous skin if you start a few good habits. First, smooth on a broad-spectrum SPF 30 every morning and a retinol treatment each night. "In your 50s, though, your skin becomes drier and more sensitive, so pick a retinol product with nourishing ingredients like hyaluronic acid," says Gohara. If you have dark spots or patches, follow with a cream that contains a natural brightening agent, such as vitamin C, soy, kojic acid, or coffeeberry; Aveeno Positively Radiant

Intensive Night Cream, \$14.99, is packed with soy. And you know how they say beauty comes from within? Well, doctors agree that taking a daily supplement designed to nourish skin cells can help your skin look *and* function healthier within six weeks. Day likes Glisodin Skin Nutrients Advanced Anti-Aging Formula, \$97.50 for a 30-day supply, "which is backed by strong clinical data."

Your 50s are also when a more stubborn skin issue may surface: sagging. "For that, an injectable filler like Juvederm can reduce nasolabial folds—which are when the skin at the bottom of your cheeks folds down toward your mouth—or restore plumpness to drooping cheeks," says Gohara. But, she adds, one area you should leave alone are smile lines: "Those are evidence of a life well lived." We couldn't agree more.



Women's Rogaine Foam 5% Minoxidil Topical Aerosol, \$29.99 for a two-month supply.



Clarisonic Mia 2 In Turquoise, \$149.

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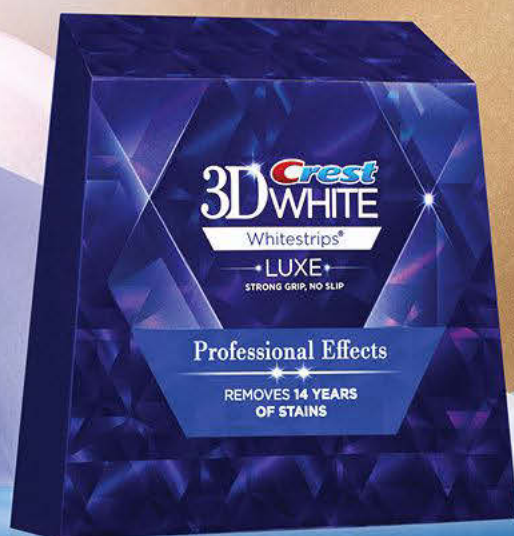
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WHICH COVER DID YOU GET?



On the cover Erin Andrews, Gabrielle Union, and Maria Menounos photographed by Alexei Hay. Erin: Hair: Bryce Scarlett for Orbe at The Wall Group. Makeup: Jamie Greenberg for Lancôme at The Wall Group. Manicure: Carla Kay at Cloutier Remix using Dior Vernis. Set design: Carl Dove at Art Department. Gabrielle: Hair: Chuck Amos for Orbe at Jump. Makeup: Kristofer Buckle at Crosby Carter Management using Diorshow. Manicure: Rachel Shim for Dior Vernis. Set design: Sara Foldenauer at Ray Brown. Maria: Hair: Etienne Ortega at The Only Agency using Orbe, Bumble and Bumble, and Kardashian Beauty. Makeup: Jake Bailey at Starworks Artists using Lancôme. Manicure: Carla Kay at Cloutier Remix using Dior Vernis. Set design: Carl Dove at Art Department. See shopping guide, page 178, for clothing and makeup details.

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A step toward feeling fearless

IT'S THE OCTOBER ISSUE, WHICH MEANS we're closing in on Halloween, a holiday I find scary primarily because my children have access to *way* too much sugar. But the spooky season got me thinking about fear in general, in part because I believe it's fair to say most women struggle with it. For me, it's a dread of talking in front of a crowd, which is (whether I like it or not) a part of my job. For others it's simply a fear that we aren't doing all of the thousands of things required of us in exactly the way we "should" be doing them. Fear of what other people think of us. Fear that we're not good enough. I've cycled through all of those undermining terrors at one time or another, and my suspicion is they probably sound familiar to you, too, so we turned over a big chunk of our Life section to a group of essays

aimed at boosting your courage and your confidence. I found each of the stories in it enormously helpful—and I also think it's crucial to have impressively strong women as role models. *Today* show host Hoda Kotb is one of mine: When she spoke recently at a REDBOOK event, she mentioned that she wished she could tell her younger self to stop being such a people-pleaser. It struck a real chord with me, so I begged her to write about it for us. (See that essay on page 122!) Another woman I admire is Amy Robach, whom you know from *Good Morning America*. Her beautiful new book, *Better*, is an exploration of her battle with breast cancer. What I love about it is that she never claims to be fearless; she was *petrified*. She writes, "I was terrified of... leaving my daughters without a mother to guide them through life. I was afraid of losing control of my emotions and my dignity.... But when I thought back to where I came from—my family and the way they'd always surrounded me with love and brought me up to work for what I wanted, and to keep going no matter what—I realized that maybe I did, indeed, have the inner strength to make it through." Super-inspiring stuff, the kind we need way more of in general. I hope this issue gets *you* feeling a little stronger, and more ready to face whatever frightens you. As for me, I'll be practicing my public speaking... and stealing my kids' mini Kit-Kats.



LOVE THIS!

I adore the gorgeously floral scent of Ralph Lauren Midnight Romance and the fact that 100 percent of the profits go to the Pink Pony Fund, which fights against breast cancer worldwide. Just. So. Amazing. \$96; ralphlauren.com.

WIN A TRIP TO SEE DANCING WITH THE STARS!

You could be the lucky reader who wins a trip for 2 to Los Angeles to attend the show's finale on November 23! Enter for a chance to win at redbookmag.com/dancingsweeps. See details on page 178. No purchase necessary.

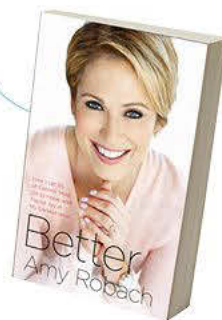
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Julianne Moore.

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—ANDRA CHANTIM

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84 ways to get more love in your life

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20 TRUTHS ABOUT HAPPY MARRIAGES, BY AMERICA'S HOTTEST HUSBANDS

We found the sexiest, kindest husbands of 2016 and got them to spill their best love advice. Such good intel.

14 SUPER-SEXY COUPLES GETAWAYS

Let's start with Sandals Resorts, where our Hot Husbands contest winner will be going. Look good?

Of course it does! We have *more* amazing spots that'll make you want to pack your bags, *pronto*.



50 BEST DATE-NIGHT IDEAS OF ALL TIME

Dinner and a movie is fine, sure, but you deserve a date with some imagination.

Book a sitter, steal one of these plans, and get to it.

It's Halloween!



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We're nonstop pinning the blogosphere's best crafts, costumes, cocktails, and more on our Halloween pin board.



HUGE BEAUTY GIVEAWAY!



We're giving away beauty products our editors swear by to 275 winners, and we want you to snag one! Go to page 178 for details.

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Q I'm looking to refinance my home, but I'm nervous about the fees my mortgage company will slap on me. How do I avoid this? —Katie Dunn, New York City



“The hard truth is that you can't avoid them altogether, because they pay for things like application and lawyer fees and processing credit reports. But you *can* cut costs by shopping around to get a competitive interest rate on your new loan. Before you commit, take the rate your original mortgage company offers to a few different loan providers to see who can give you the best deal, and ask them what the “loan origination fee” is—it's usually around 1 percent of the total amount you're being loaned (also known as the principal). Then add up all the fees I've mentioned here to get a good idea of what the process will cost you. Refinancing is a valuable tool, but it's not a quick (or inexpensive) fix.” —Nicole Lapin, Team Red columnist



Q Does order matter where my workouts are concerned? I always try to equally balance my cardio and weight lifting, but should I be doing one before the other for best results? —Emily Allen, St. Andrews, Scotland



“A lot of women neglect to strength-train—so good for you for doing it! For this one, I checked in with Los Angeles-based trainer Ashley Conrad. (She's worked with Kate Hudson and Bradley Cooper. *Swoon.*) Her advice: Don't lock yourself into a routine. ‘Try doing cardio before weights one day, then flip it the next,’ she says. ‘Switching things up forces your body to adapt. It has to change to meet the demand of your workouts, which can lead to faster results.’” —Karen Snyder Duke, health editor



Q I am obsessed with having white teeth. What are the healthiest, safest ways to keep my smile bright? —Candace Procopio, Clear Lake City, TX

“If you're talking about pesky yellow stains, I've had luck with over-the-counter systems like Crest 3D White Professional Effects Whitestrips, but for gray or brown tones, consider an in-office whitening by a dentist. Those stains are deeper and need a little extra attention. Also try snacking on strawberries (they're rich in malic acid, a natural lightener) or crunchy foods like apples that scrub stains away while you chew. For a quick fix, swipe on a cool-toned lipcolor like lilac pink, bluish red, or deep wine, which help teeth look extra-bright.”

—Victoria Kirby, beauty director

Crest 3D White Luxe Professional Effects Whitestrips, \$49.99.



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Use color to look slimmer

Yep, it's exactly that simple. Brad Goreski's figure-flattery tips will help you stand out in the best possible way.

Brad Goreski is a cohost of *Fashion Police* on E! network and styles stars like Rashida Jones and Jenna Dewan Tatum.

WEARING COLOR strategically is just as flattering as dressing entirely in black. Take Callie's dress here—that stripe of pink draws your eye down her body: It's slenderizing, and it makes her look super-confident. Turn the page for my other favorite (and bright!) ideas.

Earrings, \$48; robertachiarella.com. Dress, Calvin Klein, \$130; Macy's stores. Cuff, \$100; sorrelli.com. Pumps, Jessica Simpson Collection, \$89; nordstrom.com.

“The long, body-skimming cut of this dress made me look tall and lean. I feel professional, comfy, and sexy all at once.”

—OUR MODEL-FOR-THE-DAY, NUTRITIONIST CALLIE CAMERON, 31

TURN THE PAGE for three more looks >

☺ If you don't know where to start, find a great-fitting piece in your favorite color so you'll be excited to wear it. ☺ —BRAD



MIX BRIGHTS & NEUTRALS

Deep tones of olive green, navy, and gray are great at downplaying areas you want to hide, and they look so fresh with happy, eye-catching colors.

Ring, CC Skye, \$48; amazon.com. Cashmere sweater, \$99; joefresh.com. Pants, \$162; liliap.com. Bag, \$69; ninewest.com. Shoes, BC Footwear, \$90; nordstrom.com.



USE SHAPELY LAYERS

A nipped-waist jacket will define your curves without dampening the energy of a vibrant, swingy dress.

Dress, \$13.80; forever21.com. Jacket, Design History, \$118; fredsegal.com. Clutch, \$31; lulus.com (20% off with code REDBOOK20). Ring, \$28; jewelrystorm.com. Pumps, \$35; qupid.com (15% off with code RBMIX154AX).

COMES IN
plus



GO MONOCHROMATIC

Wearing similar shades of any color head-to-toe is elongating. Mix textures to keep it interesting.

Necklace, \$58; karenkane.com. Blouse, Susan Graver, \$61; qvc.com. Sizes XXS to 3X. Cardigan, Apt. 9, \$44; kohls.com. Pants, Mossimo, \$27.99; target.com. Booties, \$149; guess.com. Tote, \$58; povertyflatsbyrian.com.



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Fake a face-lift with makeup

Want to turn back the clock on your skin? “The solution isn’t at a plastic surgeon’s office—it’s in your cosmetics bag,” says Mally Roncal.

◀ Makeup artist Mally Roncal works with stars like Beyoncé and Jennifer Lopez and is the founder of Mally Beauty cosmetics.

EVERYONE’S SKIN SAGS A BIT with age. Sad but true. Fortunately, you’ve got options. Highlighting, contouring, and even changing the way you apply mascara can appear to lift and slim your face, making you look younger and fresher. Carol here told me that the closest she’d ever come to contouring was using blush and highlighter on her cheeks—but she can do a lot more while adding no extra time to her routine. Check out how we shaved off 10 years in a mere 10 minutes.

“This brings out my jawline, my cheekbones, even my eyes—and I can do it every day.”

—OUR MODEL-FOR-THE-DAY, AUDIOBOOK NARRATOR CAROL JACOBANIS, 50



Start BY BRIGHTENING KEY AREAS This instantly enhances your features. Dust a highlighter that’s two shades lighter than your skin right above—not on—your cheekbones, just above each brow, and on the tip of your nose.



SCULPT YOUR CHEEKS Make a fish face and, using a narrow brush for precise placement, sweep a matte powder bronzer that’s two shades darker than your skin back and forth *only* in the hollows. Don’t blend it all the way to your hairline.



CREATE A DEFINED JAWLINE Dip that same brush in the bronzer again, then glide it along the underside of your jaw. (This also helps disguise a double chin.) Swirl a healthy rosy blush on the apples of your cheeks.

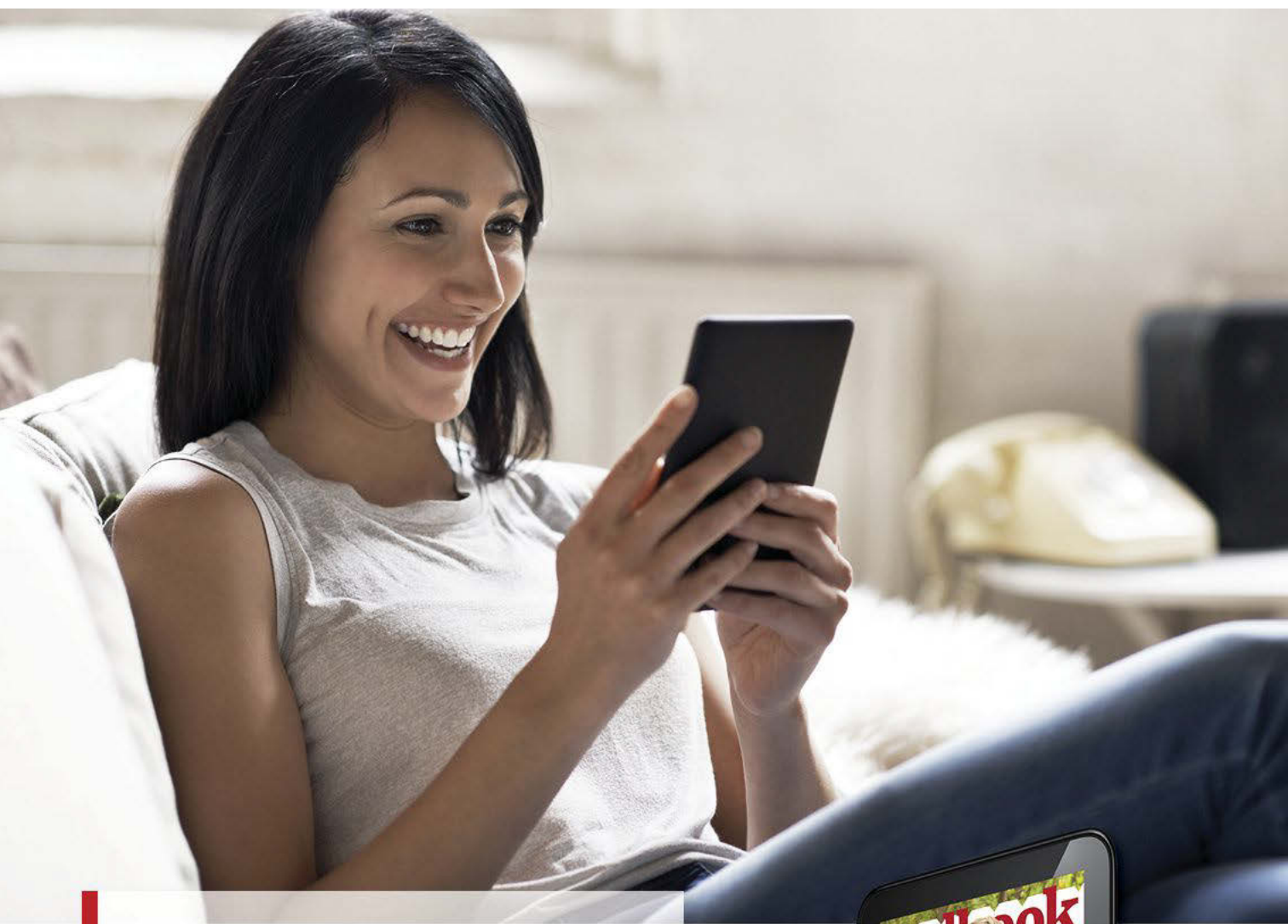


GET WIDE-EYED Curl your lashes and apply mascara, but hold the wand so it’s diagonal; pull it in toward your nose as you brush through lashes. This fans them out so your eyes look big and open, like a mini eye lift. No pain, all gain!

STUDIO D: HAIR: SAM LEONARDI AT RAY BROWN REPRESENTS. MAKEUP: CHRISTINE FULWILER FOR MALLY BEAUTY. MANICURE: RACHEL SHIM AT ABTP.COM. STYLIST: KATE POWELL. CAROL'S NECKLACE: MIRANDA FRYE. RONCAL: PHIL BICKETT.

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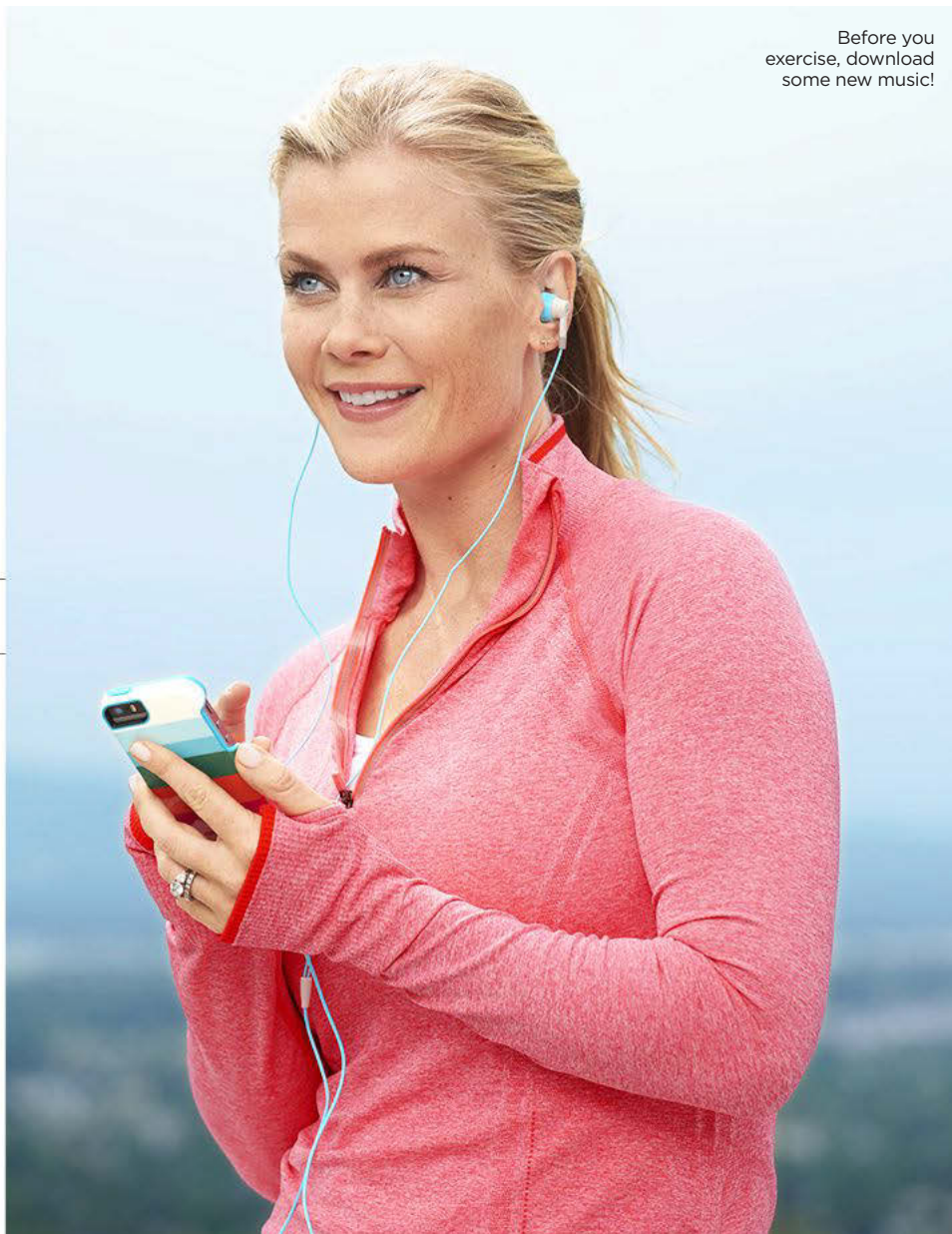
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Breathe new life into your workout

If the idea of exercising doesn't thrill you, Alison Sweeney sympathizes. With her advice for amping up your routine, you'll be ready to tackle your goals again.

Fitness maven Alison Sweeney is the star and executive producer of Hallmark Channel's *Love on the Air*. >

CONFESSION: Sometimes I *still* struggle to make it to the gym. You know how it is: You get busy, and suddenly a week's gone by and you haven't worked out. At first your body craves it, but the longer you go without exercising, the easier it becomes. Or maybe you haven't fallen out of your routine—you're just bored. No matter what's causing you to feel less than motivated, you'll find a solution for it here.



Before you exercise, download some new music!

TRY SOMETHING YOU'VE NEVER DONE

Remember when you were a kid and exercise was something fun like ballet or karate class? A while ago, when I'd gotten tired of my training, I took a page from my kids' playbook and swapped some of my traditional workouts for cool stuff like judo and Filipino stick fighting. I loved focusing on a new skill instead of my calories burned. So take a tennis lesson or try boxing—whatever sounds interesting to *you*.

FIND A WORKOUT BUDDY (LITERALLY ANYBODY)

In high school P.E., I always ran with a girl I didn't even like. Weird, I know, but we were both extremely competitive, and we clocked our best times together, so we stuck with it. It just goes to show that the person you work out with doesn't have to be your BFF. The only thing you really need is someone who will call you out for not showing up and challenge you to go hard when you do. That's a true friend!

SWITCH UP YOUR PLAYLIST

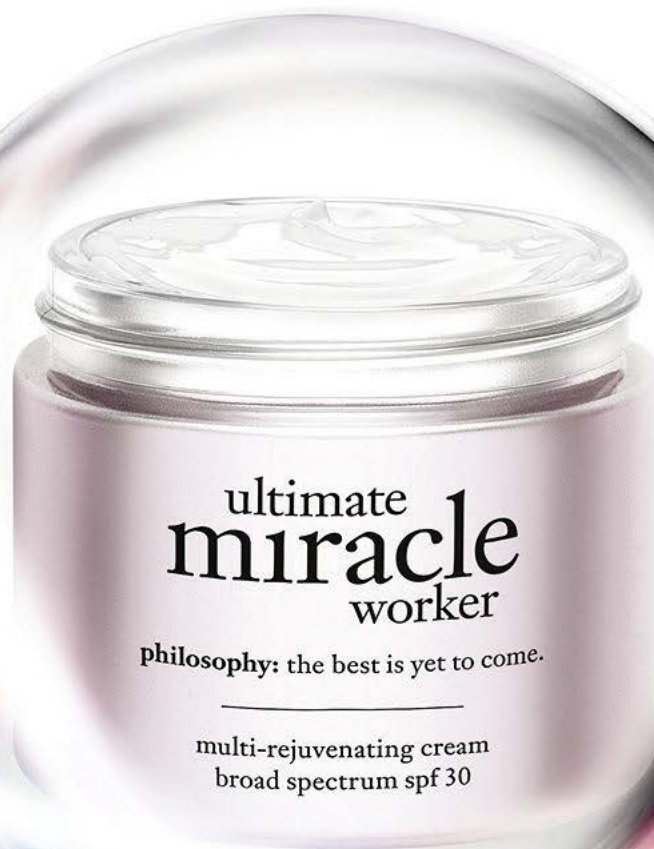
I had a spin instructor who picked great music. She'd play some slow Pearl Jam and have us turn up the tension our bikes—it was like climbing Everest. Now, when my workouts feel lackluster, I search Pinterest to see what people are listening to, whether it's new music (I love "Waterside" by Summer Plans) or old favorites ("Black Betty" by Ram Jam—so good). A fresh set of songs is always the extra push I need.

WHEN ALL ELSE FAILS, BRIBE YOURSELF

I love a good massage. There's nothing more luxurious to me than lying on a table for 90 minutes while someone works out the kinks. But if I'm going to get one, I need to feel like I earned it. I want to be sore walking in there! So I'll set goals for myself: *If I exercise X times this month, I'll book an appointment.* Let me tell you, it's the best feeling when I finish that last workout and know what's waiting on the other side.

HAIR: DAVID KEOUGH AT CELESTINE AGENCY. MAKEUP: CORINA DURAN FOR EXCLUSIVE ARTISTS MGMT USING DIOR. MANICURE: MARIEL PIZARRO. STYLIST: NICOLA'S BRU AT THEONLY AGENCY. PROP STYLIST: NANCY BENNETT.

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Insanely easy granola

Carla Hall's recipe hits all the right notes: crunchy, salty, sweet, and just a little bit tart. And it isn't only for breakfast—it's for any time the vending machine starts crooning your name.

Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World*. >



I HAVE A CONFESSION TO MAKE: I'm not much of a snacker. But when I need extra energy or am just plain hungry, you'll find me searching for granola. What I love about this recipe is that it's good for you and it's versatile. Eat it over yogurt, in milk like cereal, sprinkled over a bowl of fresh berries, or on top of ice cream. Or by the handful, which is how you'll usually see me gobbling it!



Active: 10 minutes
Total: 55 minutes

- 3 cups old-fashioned oats
- $\frac{3}{4}$ cup slivered almonds
- $\frac{1}{2}$ cup raw sunflower seeds
- $\frac{1}{2}$ cup raw pumpkin seeds
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ cup maple syrup
- 1 tsp vanilla
- $\frac{1}{2}$ cup dried cherries
- $\frac{1}{2}$ cup dried apricots, chopped

1. Heat oven to 325°F and place rack in the center of the oven. Line a baking sheet with parchment paper.

2. In a medium bowl, combine the oats, almonds, sunflower seeds, pumpkin seeds, cinnamon, and salt. In a small bowl, combine the olive oil, maple syrup, and vanilla.

3. Drizzle the syrup mixture over the dry ingredients; mix thoroughly.

4. Spread the mixture onto the prepared baking sheet and bake for 40 to 45 minutes or

until golden brown, stirring occasionally so the mixture browns evenly. (The browner the granola gets—without burning—the crunchier the granola will be.)

5. Remove from oven and toss the granola with the dried fruit. Place the baking sheet on a wire rack to cool. Break up any large clumps while the mixture is still warm. The granola will crisp as it cools. Once it's completely cooled, store in an airtight container or a plastic bag in the refrigerator. Keeps for several weeks.

Makes $3\frac{1}{2}$ cups. Per $\frac{1}{4}$ -cup serving: 249 cal, 13 g fat (2 g sat fat), 6 g protein, 30 g carb, 4 g fiber.

[MIX IT UP]

Granola-making isn't a science—use what you've got in your pantry. Here are two more combos to try: grapeseed oil, maple syrup for a sweetener, dried plums, and golden raisins; or coconut oil, honey, dried blueberries, and coconut flakes.



MEANS THIS RECIPE CAN BE PREPARED GLUTEN-FREE, BUT ALWAYS CHECK INGREDIENT LABELS.



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3 money tricks not to fall for

Finance expert Nicole Lapin tells all about crafty promotions and faux freebies disguised as money-savers so *you* can spot and avoid them.

Nicole Lapin is a former CNBC and CNN anchor and the author of *Rich Bitch: A Simple 12-Step Plan for Getting Your Financial Life Together... Finally.*

THERE ARE SO MANY “DEALS” being thrown at consumers every day: free money, free services, free shipping, and so on. Even if you’re pretty savvy, it can be tough to discern the things dressed up as deals from the genuine ones, especially when the company seems legit, like a bank or financial service. (Who would want to dupe you while you’re getting your boring old credit report? Well, as it turns out, *lots* of people—I learned that the hard way.) Beware these slippery financial schemes.

1 “Free” credit reports

As a young financial reporter, I knew how crucial a credit report would be for my fiscal health, but I hesitated to get one. There were too many options—on commercials, pop-up ads, and confusing websites—and I didn’t know whom to trust. I finally decided on a certain site with a catchy jingle that promised to be “free.” Boy, was that far from the truth! As part of the process, I gave them my credit card information. Unbeknownst to me, I was signed up for a membership to the tune of \$19.99 per month. It took me months of calls to cancel, and by then I had \$80 in fees. Here’s what I wish I’d known: There is only one website that offers truly free reports, no strings attached. It’s annualcreditreport.com, which is sponsored by all three official credit reporting agencies. What’s more, the law requires that annual credit reports be free, which means anyone out there charging you for it is full of hooley. Note, however, that credit reports don’t include a numeric credit score, which you *do* have to pay for (typically \$5 to \$20). Here’s a little trick: If you apply for a loan, ask the lender for a copy of the report and FICO score they pull so you won’t have to pay for it again later.

2 Banks that pay new clients money

This has become a fairly common practice for banks to lure in new customers: They’ll promise to give you \$50, \$100, or even \$200 for opening a checking or savings account. Sounds like easy money, right? Wrong. After signing up, you can wait six months to a year for the money, and they often make you jump through hoops to get it, such as keeping a minimum balance. Drop below it, even for just a few weeks? You can kiss that lump-sum signing bonus good-bye. Also,

I love candy—but crisp green bills are an even better treat!

—NICOLE

Catch Nicole's new TV show, *Hatched*, on The CW October 3.

know that the more bank accounts you open, the more times your credit report may be “hard pulled,” which can lower your credit score if done too much. Watch out for this same trick with bank credit card promotions promising you big points or money back. If lenders see that you have a history of opening and closing cards willy-nilly for these offers, you look less financially stable, and your credit score may drop. So in the end, these deals may cost you in future lending power more than that \$100 or those 40,000 points are worth.

3 Package deals that trap you

These seemingly convenient packages advertise a single fee for services at a “discounted” rate. The best example is cable, phone, and Internet bundles (though insurance companies can do this too). But if you decide to drop one of the three services later, you may pay more to do so. Let’s say you pay \$90 for a cable, phone, and Internet combo but no longer use the landline (as is the case with so many of us these days). So you cancel that, but now your new plan is \$99.99. Ten dollars *more* for fewer services? *Huh?* Providers think you’re less likely to shop around if they can keep you subscribing to a “bundled” package. So when you break that deal, companies like to jack up the prices on your remaining services. And because most of these deals involve contracts with big cancellation fees, they bet you’ll just throw up your hands in confusion and go back to the bundle. So next time you’re up for renewal, shop around for an à la carte deal from providers that offer short-term or no contracts, like Cable ONE and Suddenlink.



30

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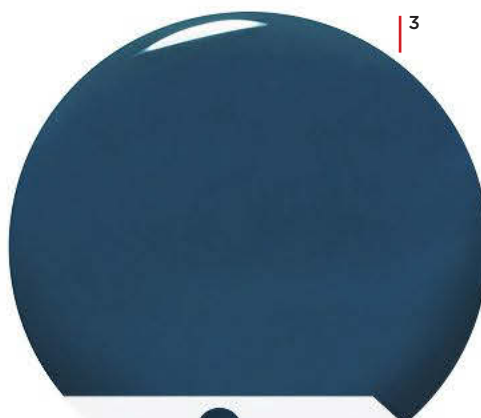
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Fall's prettiest manicure

These new metallic polishes, with their ultrafine shimmer, give nails a subtle, super-luxe gleam. And the gem-like colors flatter all skin tones, so any one of them will look elegant on you.

PRO STYLIST: JASON GLEDHILL AT HALLEY RESOURCES

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LAST PAGES, FOR DETAILS.



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Sweet deals that help you feel lovely...



1 Scoop up this healing hand cream and \$4 of your purchase goes to the Breast Cancer Research Foundation. Origins Limited-Edition Make a Difference Hand Treatment, \$21.

2 This spray-on lotion infuses hair with thickeners plus conditioning extracts, so you get lush, touchable volume. Garnier Full & Plush Mega Full Thickening Lotion, \$4.29.

3 A deep teal polish looks crisp and cool on all skin tones, and this one's nontoxic. Ginger + Liz Nail Colour in Stress Management, \$12.

4 Twenty-five percent of proceeds from this fresh, citrusy room mist go to the Breast Cancer Research Foundation. Paddywax Relish Room Spray in Salted Grapefruit, \$16.

5 The cult-favorite blackhead-removing strips, in cute li'l designs. Biore Limited Edition Deep Cleansing Pore Strips, \$6.49 for a box of 8.

6 This lip balm's cheeky tube will make you smile, and so will its sheer berry tint. Rimmel London Keep Calm Lip Balm in Party, \$2.50.

7 Streamline your routine with this seriously does-it-all moisturizer—it helps fade spots, smooth lines, and protect from sun damage. 50 readers will win L'Oréal Paris Revitalift Triple Power Day Lotion SPF 20, \$24.99; see page 178 for details.

8 Chic leather hair ties add polish to your pony. Sephora Collection Glam Me Up hair ties, \$12 for a set of 3.

9 An all-natural cleansing oil that dissolves even waterproof makeup, then leaves skin feeling supple. Burt's Bees Cleansing Oil, \$16.

10 Swipe on this velvety orange-red lippy and prepare for the wows to pour in. Lancôme Color Design Matte Crayon in 110 Contain Yourself, \$24.

11 This blend of natural oils and botanicals doesn't just nourish lips, it makes them feel awesome. Skinfix Lip Repair Balm, \$4.99.

12 One more reason to swirl this pretty pink blush on cheeks: \$4 of the price benefits the Breast Cancer Research Foundation. Clinique Pink With a Purpose Cheek Pop, \$22.

13 Brush brows into place and subtly define them with this tinted gel. Urban Decay Brow Tamer, \$20.

14 Two silky, gleamy shadows that look sexy worn alone or together; we like to sweep the dusty pink all over lids and the plum along top lashes. Maybelline New York Eyestudio Color Molten Duo in Rose Haze, \$7.99.

15 A beautifully wrapped shea butter soap that smells just like the New England countryside. Crabtree & Evelyn Crabapple and Mulberry Triple Milled Soap, \$10.

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and do a little good, too.

A full-page photograph of Erin Andrews. She is a blonde woman with wavy hair, smiling broadly at the camera. She is wearing a white sleeveless top with a draped neckline and a dark skirt. Her right hand is raised, touching her hair. She is sitting on a white, plush sofa. The background is a bright, out-of-focus indoor setting.

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See page 178
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ERIN ANDREWS

is calling the shots

On Sunday she'll interview a surly football coach on the sideline of an NFL game, and the very next day she'll don head-to-toe glitter to host an episode of *Dancing With the Stars*. Not the easiest of transitions, but she loves it. The 37-year-old also has amazing perspective on ignoring haters and following her dreams. As she puts it, "Women can do whatever they want, as long as it's right for them." So inspiring, and so true.

By Lori Berger Photographed by Alexei Hay

REDBOOK: As a woman who covers the NFL, you're constantly under scrutiny. What's it like to hear all the criticism and negativity?

ERIN ANDREWS: It's only negative if I allow it to be. It's taken me *this long* to figure that out. The other day a friend texted me saying how she was so mad about people who say bad things about me. And I was like, if some guy is complaining about how I look, *he* must be pretty miserable.

RB: When you landed your first big job with ESPN, were you nervous?

EA: I studied my behind off. I think I study more now than I did when I was in college or high school. I could have had a law degree with all the studying I do! I am so fearful of the day I'm on the sidelines and my producer asks me to interview an athlete and I don't know my stuff. Thankfully it's never happened, because I love the game, I study the game, *I know* this game.

RB: What's the most difficult thing you've dealt with in your career?

EA: I'm not sure it will ever be entirely over for me, but it was my stalking incident. [*In 2008, Erin was filmed in the nude through the peephole of a Nashville hotel room.*] I am still involved in a lawsuit, and there are restrictions right now on what I can say and do. But when it's over I plan to help with legislation to prevent this kind of thing from happening to other women. There is so much that needs to be done. What made that experience even more horrible was that a lot of people just looked at it as a joke—like I pursued litigation to become famous. It's proved to me how strong I am. I couldn't pretend like it was no big deal. It was.

RB: Was it hard to make the jump from football reporter to host of *Dancing With the Stars*?

EA: Yes, because I am not a glam girl. When I'm working a game, getting ready for me has to be easy and portable. I mean, I have put on fake eyelashes in a Porta-Potty! Getting ready for *DWTS*, it's five hours sitting in a makeup chair. And worrying about what Spanx will work best with my outfit is all very new to me.

RB: Why did you want to do *DWTS*?

EA: Because it lets me interject my personality into the shows and interviews, which I don't get to do with my NFL coverage. The questions I ask on *DWTS* are the ones the audience is thinking. If I see a couple that looks like they're about to make out, I'll say, "Okay, what's going on here? Because I feel your babies could be *very* attractive."

RB: Do you dress differently for work than you do in real life?

EA: I would never dress in a provocative way on the field because it would be just one more thing for people to get down on me about. I always apologize to my boyfriend, because I don't dress sexy—that's just not me.

RB: What about makeup?

EA: Wearing a ton of makeup has never been my thing, except when I have a zit or have bags under my eyes from flying. Plus, I don't want my clothes or makeup to detract from what I'm doing.

RB: What's your beauty philosophy?

EA: Less is more. Those mornings when you wake up and are not looking your best—don't try to overcompensate by coating your face with layers of makeup. And when you're having one of those mornings, go get at least a 30-minute sweat in. You'll feel better about yourself, you'll wake up your face, and it will change your outlook for the day.

RB: You recently chopped your hair off—do you love it?

EA: It was time. It was like, I am 37 years old, what am I doing with this long, mermaid weave? It's just silly, and I love not having to spend 17 hours

trying to blow-dry 18,000 extensions. The only thing I miss is being able to throw it all back into a ponytail.

RB: Have you discovered any miracle skin-care products?

EA: I'm into Shiseido eye cream. It's super-thick and I wear it day and night and on the plane. I also wear EltaMD sunscreen that's SPF 46. I'm sure I look better with a little sun on my face, but let's be honest, you need to protect your face, neck, chest, and hands.

RB: Growing up in Florida, you must have been a sun goddess.

EA: I would slather up in baby oil and lay out on the roof of my building. Then lemon juice or Sun-In on my hair. What was I *doing*? Now I'm determined to be smart about it.

RB: Do you worry about aging?

EA: Sure, I do. I've always wanted to do as much as I could all at once because when I'm ready to walk away, I want to be able to call that shot. I don't want to be that 70-year-old woman hanging on to her glory days. I am super-proud of what I have accomplished.

RB: You've been in a relationship with hockey player Jarret Stoll for three years. Do you think about being a mother and a wife?

EA: I happen to be one of those women who thinks it is possible to have it all. Where I grew up, a lot of women start having children at 22. All my friends from college and high school have three kids now. I'm not even engaged! I hope to have that, but look at what I've done. I've hopefully had a hand in opening the door for other women. I found a way to balance a relationship with my career. I believe family is the next step.

RB: Do you think you'll spend the rest of your life with Jarret?

EA: I have no idea what tomorrow will bring. We're brought up thinking our lives are going to be a Taylor Swift song. Then you get older and wiser. You don't know *what* is going to bring you happiness.

GABRIELLE UNION

has no regrets

This star of the hit BET show *Being Mary Jane* (Season 3 premieres October 20) doesn't look good for 42—she looks good, *period*. Ask her what it must be like to get photographed in a bikini by the paparazzi and she exclaims, "I live for it!" And Gabrielle, who's married to basketball star Dwyane Wade, is equally no-holds-barred honest about younger guys, stepparenting, and the pressures of being a woman who has prioritized her career. It's clear that she's living her best life, and her enthusiasm might just wear off on you.

By Kate Sullivan Photographed by Alexei Hay

REDBOOK: When you were younger, did you ever imagine you'd feel this good in your 40s?

GABRIELLE UNION: I'm probably more wild at 42 than I was at 26. At 26, I'd be looking in the mirror: *Is a hair out of place? Is my mascara running?* Now I think, *What's the worst that can happen?* I can talk back. I can travel by myself. I can say no. I used to have anxiety: *Am I going to be unlovable if I don't loan the money? If I create boundaries?*

RB: If you admit to having emotions, like anger or sadness...

GU: If you would admit to anything! *Do you have a weave?* Hell, yes! Let me tell you where I got it! I have no secrets now. My life is an open book.

RB: Where do you stand on the topic of cosmetic surgery?

GU: I shouldn't say anything because I'd like to leave that option open, but I don't like needles in my arm, so I'm not at the place where I want them in my face... yet. Plus, there's so many awesome things you can do with makeup. I have figured out how to create the illusion of frozen face with contouring. And how to give myself the nose I always wanted.

RB: What's your skin-care routine?

GU: For women with darker skin tones, evening the skin tone, not wrinkles, is our issue. I'm an all-the-creams

person: My moisturizer is NeoCutis Bio-Cream Riche Bio-Restorative Skin Balm, eye cream is NeoCutis Lumière Bio-Restorative Riche Eye Cream, night cream is Revision Skincare Restorative Night Cream, and for a skin oil, I use Julie Hewett Organic Camellia Oil—love.

RB: You're obviously in great shape. What the heck are you doing?

GU: It started as this 30-day challenge my spouse signed me up for. I was like, I don't want to do it. Then he put it on Instagram. I was like, Well, great, now I'm *watched*—here we go. It transformed my body. It's only eight minutes of cardio a day, but I've been doing it for six weeks, and it's worked!

RB: You and Dwyane have been together more than five years now. Was there an initial hesitation before dating a guy who was younger?

GU: It wasn't until we were in the car together and there would be music I'd want to listen to versus what he'd want to listen to. Then I realized [many of] his friends, his teammates, were conceived when I was, like, a senior in high school. I was in high school at the same time as their parents. Sometimes [Dwyane and his friends will] be like, "Oh, my God, he's so old!" *about someone who's 35*. But, Dwyane's an old 33, and I'm a young 42, so it balances it out.

RB: Dwyane has custody of his two sons from a previous marriage, raises a nephew as a son, and has a new baby. Even when you were first dating, you were dating a family.

GU: Always. I think as you get older, the options change. They come with kids! I literally never dated anyone with kids, anyone who couldn't put me number one. Then I realized that if you put yourself number one, you don't need other people to do that for you.

RB: That's interesting.

GU: Around the time I got divorced, in my early 30s, I started getting very selfish with my time—my swag got very selfish. I thought, *I'm a catch*. I didn't need the "you complete me" thing. *I was complete*.

RB: You come from a blended family. Did you learn any lessons about stepparenting from that?

GU: I learned a lesson about what to do and not to do as a stepmother. I'm always very clear that I'm not trying to replace their mom. I'm an additional adult who loves you, cares for you, and supports you. There is a sacred space as a stepparent, and no one can do what you do either.

RB: You and Dwyane briefly broke up in 2013, and during that time, he got a woman pregnant. First of all, that must've been hard to go through in the public eye.

GU: There was this idea that a) [the breakup] wasn't my idea—it was. And b) that I also wasn't dating people myself. That I was just like "Why?" [*mock agony*] and holding my ovaries. I look at the little one the same way I do Dwyane's older kids, who were conceived when we were not in a relationship—he was conceived when we were not in a relationship. There is this blanket of shame that was put on me, but I was like, *Has it occurred to no one that I've got options?*

RB: Are you looking to expand your family?

GU: If we're lucky. "Father Time is undefeated"—that's something basketball players say. I hope there's a couple of eggs rolling around there.



So far, that has not happened for us. A lot of my friends deal with this. There's a certain amount of shame that is placed on women who have perhaps chosen a career over starting a family younger. The penance for being a career woman is barrenness. You feel like you're wearing the scarlet letter. The reality is that women are discriminated against in the workplace for being mothers. As much as there are strides being made—you get pregnant, your career takes a hit. There is no such thing as giving 100 percent to your marriage, 100 percent to your children, and 100 percent to your career.

RB: Even taking needed sick time is damaging.

GU: For women in the workplace, nothing can go wrong. You can't have a bad day. Don't you dare cry at work. Don't raise your voice. Especially if you're a black woman in corporate America—now you're "the angry black woman."

RB: But you *are* trying to get pregnant. Are fertility treatments an option for you?

GU: The hardest part of IVF is that you need to be in one place, and you need to not be stressed. Good luck with that. I don't have a normal schedule because of my career. And everyone's like, "Your husband has enough money..." But I've never lived off his money. So that fear of, if I take time off just to try to get pregnant—whether it happens or not—that's *months* out of competition. If I succeed, that's another block of time. It's a challenge, and as black women, we don't have a lot of examples of women who've come back and picked up where they left off. I hope [I get pregnant], but I've lived so long without kids, I didn't really know what I was missing [until I got married]. Now, I have dope stepkids. I have a very full life. If it happens, it's a cherry on top. It's an A+. But even without a baby, my life is an A.



MARIA MENOUNOS

makes her own rules

Her skin glows like she spends her days in a yoga studio—but let's be clear, she works 24/7. The 37-year-old, who has added coanchor and managing editor at E! Entertainment Television to her already-packed résumé (best-selling author! digital media mogul!), is refreshingly open when she talks about the “dark time” she’s gotten through and the family she adores. Her beauty routine, fertility issues, even the “feud” with former E! host Giuliana Rancic—none of it is off-limits, and all of it will make you adore her.

By Lori Berger Photographed by Alexei Hay

K: Let's start out with all the buzz that's been out there about the feud between you and Rancic. Do you feel the need to set the record straight?

ENOUNOS: When I was being interviewed after by E!, I made it very clear that I didn't want to be

coming over to take somebody's job, and I was assured that wasn't the case. That's always been important to me. I remember years ago, I was asked to replace someone with a sick child. I was young and it would have been a huge job for me, but I told them I couldn't take it. I have a pretty strict code with these kinds of things. If a guy beats another guy out for a job, it's like, *Hey, congratulations*. With women, it's a different story.

RB: Where does your drive and determination come from?

MM: I remember a conversation I had with Keven [Undergaro, her boyfriend] 17 years ago when I first met him, and he asked me, "Why do you want to succeed in this business?" And the answer is the same now as it was then: "I want to give my parents the life they deserve." [Tears well up in her eyes] They worked so hard and they struggled so much. None of this is worth it without them.

RB: Is there one achievement you're most proud of?

MM: Oy! That's a hard one. I am very proud of my relationship with Keven. To have a relationship in this business that's lasted 17 years and is still going strong is rare. In terms of personal accomplishments, I guess it would be when my first book [*The EveryGirl's Guide to Life*] made *The New York Times* best-seller list. It was something I actually accomplished—

it wasn't a job I was hired to do.

RB: You seem to be a tireless worker and always incredibly upbeat.

Does anything ever get you down?

MM: The last two years were very challenging for me, both professionally and personally. I just felt kind of lost and I didn't know how to handle it. I grew up always worried about what everyone was going to think of me. But the thing is, I'm not perfect—no one is. But I've learned that I have to be accepting of myself.

RB: I bet it's hard for you to just kick back and relax.

MM: I do have a problem where I think I always have to be working and achieving something—I'm really trying to work on it. You will never catch me sitting by the pool or watching TV by myself. It's hard for me to shut down.

RB: Do you think it's difficult for women to admit that sometimes they just can't do it all?

MM: Yes! Women have been sold a bill of goods. My biggest struggle is the idea of having kids. Sometimes I feel like I'm drowning with everything that's going on in my life and there aren't even kids in my equation yet. I talk to women all the time who say it's totally possible, but I'm not sure I believe them.

RB: You've had a baby on the mind for a while now.

MM: On my reality show last year, I was talking about freezing my eggs. I started the process, but my system was so suppressed from being on the Pill for so long, I wasn't [successful]. Now I've been off the Pill for a while and it's still not happening. So let's call it what it is—not a good situation.

RB: Let's talk about the more superficial side of aging: Your skin is flawless!

MM: I do not step out into the sun without a hat, sunscreen, and sunglasses. I'm obsessive about sunscreen on my hands. I just started doing lasers and I love it. I was so afraid the first time, but it was easy and there

was no downtime. Now you probably want to ask me if I will have plastic surgery when the time comes. [Laughs]

RB: Well, since you mentioned it...

MM: When you're younger, you always say, "I'll never go under the knife." Then you start to see little changes in your face as you get older, and you think to yourself, *Stuff is starting to happen, but it's still okay*. Then it suddenly gets real. I'm not there yet. I hope by the time it gets real for me, I will treat it in some noninvasive way. I cannot even imagine letting a doctor cut my face, but realistically, my life is in front of cameras, and if and when I get to that point, I will figure something out.

RB: Have you become less self-conscious as you've gotten older?

MM: I didn't grow up thinking I was beautiful. I was overweight and awkward and some part of that will always inform me. I make part of my living off how I look on camera, but I don't worry that if my looks begin to fade, I will no longer work. I have a greater confidence in my abilities and my work ethic. And to be honest, if I start seeing more cellulite on my legs, I know I can always help by working out harder. I've always been that girl where if there was a little something here or there that I didn't like, I could deal.

RB: What's your lifesaving beauty treatment?

MM: I get my eyebrows done and it's like an instant face-lift. It's worth treating yourself to a good tweeze, even if it's only once because of budget. You can tweeze the strays and follow the arch they've defined for you.

RB: What's the best thing about getting older?

MM: The confidence in knowing what I'm talking about and what I'm doing. I'm also a little more okay with letting things go and more judicious about what I will and will not put my time into. I'm cooler and calmer in my job with 15 years of experience behind me.

Derms shop the drugstore

Kleenex? Check. Toothpaste? Check. Younger-looking skin? Check, check. Some of the most effective lotions, cleansers, and anti-agers are sitting right there in the beauty aisle. These are the amazing bargains the pros love. **BY GINA WAY**

WOULDNT IT BE GREAT if a top dermatologist offered to walk you through your local pharmacy and handpick a regimen for you? We found three who were eager to do exactly that, using their expert knowledge of formulas and ingredients to select the best products for every skin type and tone. Some are hidden gems, others are classics, and all of them truly *work*.



THE EXPERT

JENNIFER LEE, M.D.

Clinical assistant professor of dermatology at Vanderbilt University Medical Center and medical director of REN Dermatology in Franklin, TN

1 “Cetaphil Gentle Skin Cleansing Cloths [\$7.49] are extra-mild, so I use them on my patients when I need to clean their skin, as well as on my own face to remove my makeup.” (50 readers will win a pack; see page 178 for details.)

2 “I carry the **Neutrogena Beach Defense Stick Sunscreen Broad Spectrum SPF 50+ [\$9.99]** in my purse for moments when I get caught out in the sun. It’s not sticky or greasy, so it’s perfect for rubbing on your arms, the backs of your hands, your shoulders—any exposed spots.”

3 “I tell my patients who are breaking out on their chest, arms, or back to use **PanOxyl Acne Creamy Wash Daily Control [\$11.99]** on the area for one to two weeks to clear up

the problem. The 4-percent benzoyl peroxide formula zaps acne-causing bacteria without being too irritating or drying.”

4 “Asian skin like mine can sometimes look sallow, so I like a BB or CC cream as my day moisturizer. This **L’Oréal Paris Visible Lift CC Cream in Light/Medium [\$12.95]** delivers a healthy, subtle tint that evens out my complexion, plus it’s hydrating and also has broad-spectrum SPF 20.”

5 “Jergens Natural Glow Daily Moisturizer [\$8.99] is not only a fantastic body lotion, but the bit of self-tanner gives my pale legs and arms a nice touch of color.”

6 “If you’re trying a retinoid for the first time or have sensitive skin, an over-the-counter retinol cream is less irritating than a prescription treatment. My favorite is **RoC Retinol Correxion Deep Wrinkle Night Cream [\$22.99]**, which has an effective but gentle dose.”

THEN I SPLURGE ONLINE FOR...

7 “The thin skin around your eyes is particularly susceptible to dryness and wrinkles. **NeoCutis Lumière Bio-Restorative Eye Cream [\$90]** has excellent moisturizers, a potent blend of growth factors, polypeptides, and proteins—all of which help fade lines and dark circles—and caffeine and bisabolol to deflate puffiness. A little goes a long way, too, so the bottle lasts for months.”



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THE EXPERT

ELIZABETH HALE, M.D.

Clinical associate professor of dermatology at New York University Langone Medical Center and codirector of CompleteSkinMD dermatology in New York City

1 "I'm very low-maintenance, so I'm hooked on these **Neutrogena Makeup Remover Cleansing Towelettes** [\$6.99]. They take off all my makeup and clean my skin in one quick step—no rinsing needed!"

2 "I'm a huge fan of **Almay Clear Complexion Concealer** [\$7.99] because it hides a pimple while also treating it with 1-percent salicylic acid. On top of that, it has chamomile and aloe to take down the redness."

3 "No matter what your anti-aging concern is, **Olay Regenerist Micro-Sculpting Cream Fragrance-**

Free [\$25.99] tackles it. The formula has some of the most effective wrinkle-fighting peptides, plus niacinamide to help fade brown spots and keep skin nourished. And since it's fragrance-free, it's ideal for sensitive skin or to apply on top of a retinoid cream to prevent dryness and irritation."

4 "It's so important to wear broad-spectrum SPF 30 every day, and **Coppertone ClearlySheer for Sunny Days Faces SPF 30** [\$8.99] is perfect for sunscreen-phobes. It's lightweight, won't clog pores, and wears well under makeup. It's also hydrating, so I use it as my day moisturizer." (25 readers will win a bottle; see page 178 for details.)

5 "A lot of women get razor bumps or nicks because they skip shave cream, but you need something richer than soap that allows the razor to glide over your skin. I use my husband's **Gillette Fusion Hydra Gel Ultra Sensitive Shave Gel** [\$3.99] because it's as gentle

as any women's shave gel—plus, it's already right there in our shower!"

6 "Dove Deep Moisture Nourishing Body Wash [\$6.99] is creamy, but then suds up nicely thanks to glycinate, an ultra-mild, soap-free cleanser that leaves you feeling silky."

7 "The original **CeraVe Moisturizing Lotion** [\$12.99], which you can use on your face *and* body, is packed with ceramides to lock in moisture and nix irritation, plus excellent hydrators like glycerin, hyaluronic acid, and cholesterol. So good on dry arms and legs."

THEN I SPLURGE ONLINE FOR...

8 "Lifeline Recovery Night Moisture Serum [\$190] contains a stem cell extract that stimulates collagen production, which in turn reduces wrinkles. It also has retinyl palmitate—another collagen booster—along with terrific moisturizers and antioxidants like vitamin E and skin-calming green tea."





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THE EXPERT

NAANA BOAKYE, M.D.

Assistant clinical professor of dermatology at Mount Sinai St. Luke's Hospital in New York City, with a practice at Bergen Dermatology in Englewood Cliffs, NJ

1 "I advise all my patients, regardless of their skin type, to use a mild face wash because it won't strip their skin. My favorite is **Neutrogena Ultra Gentle Hydrating Cleanser** [\$8.49], which thoroughly cleanses but keeps skin soft, and doesn't leave behind a film."

2 "My everyday face lotion is **La Roche-Posay Anthelios SX Daily Moisturizing Cream with SPF 15** [\$33.99]. For African-American skin, broad-spectrum SPF between 15 and 30 is sufficient for daily use in the fall and winter, and I like this one because it isn't heavy and it doesn't look chalky on my complexion."

3 "Lips are especially prone to UV damage, so a balm with broad-spectrum sunscreen is a must. I don't leave home without **Aquaphor Lip Repair + Protect SPF 30** [\$4.49], and I make sure that my husband and kids always carry it with them too." (50 readers will win a tube; see page 178 for details.)

4 "Olay Ultra Moisture Body Wash [\$5.99] keeps my very-dry skin in check, thanks to ultra-nourishing ingredients like shea butter, panthenol, and petrolatum. And since my whole family uses it, the giant bottle is much appreciated!"

5 "Retinol is one of the best ingredients there is for treating spots and wrinkles, but it can be drying. **Vichy LiftActiv Retinol HA Concentrate** [\$45] diminishes that problem with hydrating glycerin and sodium hyaluronate—the latter of which also plumps lines so skin looks smoother."

6 "For rough patches like on my elbows, knees, and heels, I dab on **Vaseline Jelly Original** [\$3.69] at bedtime. Ashiness is a real issue for women like me who have dark skin, and applying a thick balm nightly can help clear that up."

7 "As soon as I get out of the shower, I slather **Vanicream Moisturizing Skin Cream** [\$15.99] all over my body. It's a petroleum-based cream, yet it absorbs fast and doesn't leave you slimy. I swear by it, as do a lot of my sensitive-skinned patients: It's free of fragrances, lanolin, and other potential irritants."

THEN I SPLURGE ONLINE FOR...

8 "Citrix Pro-Collagen Brightening Serum [\$95] combats dark spots beautifully. Its magic combo is a highly effective version of vitamin C coupled with powerful antioxidants and botanicals, all of which work together to even out skin. Just be sure to follow with SPF, since UV rays contribute to spots."

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BETTER TOGE+HER



Q A Why Fergie loves her 40s

This mom is all about low-maintenance beauty now, and her time-saving tricks will help you pare down your routine while staying pretty.

REDBOOK: Your son, Axl, is 2 years old. How has chasing after a toddler affected your a.m. regimen?

FERGIE: Every day when I wake up, I drink a green smoothie to help give me energy. Then I keep my makeup simple: I get a spray tan every two weeks—it helps my skin look nice—so as the color fades, I apply foundation, then dust a bit of bronzer above my eyes and around my face to contour it. I finish with mascara and a Wet n Wild nude lipstick.

FERGIE'S FAVES

Wet n Wild Icon Bronzer In Ticket To Brazil, \$3.99.

"I take bubble baths with my son using this." The Honest Company Honest Bubble Bath, \$11.95.

Outspoken Party! by Fergie eau de parfum, \$34 for 50 ml (25 readers will win one; see page 178 for details).

win IT!

Elizabeth Arden Eight Hour Cream Skin Protectant, \$21.

Rimmel London Wonder Lash Lift Me Up Mascara, \$8.99.

Wet n Wild Mega Last Lip Color In Pink Suga, \$2.29.

RB: What do you use on your brows? They always look so well-groomed.

FERGIE: It's funny, because years ago, my brows were really thin and high-arched—it was the style at the time! When I started growing them back in, the hairs wouldn't grow where I'd once had a brow piercing, so in pictures, I always looked like I was lifting up one brow. So I learned to brush down the one brow to even them out—I don't want to look like I'm constantly giving people the raised eyebrow.

RB: What are your skin-care essentials?

FERGIE: Every night, I slather Elizabeth Arden Eight Hour Cream Skin Protectant on my face and La Prairie Anti-Aging Neck Cream on my neck. I wish I would have paid more attention to my neck earlier in life. Thanks to the Internet, people now focus more on the details in celebrity photos, so I moisturize my hands, elbows, feet, *everything*.

RB: You just launched a new fragrance—how many do you have now?

FERGIE: This is number five! I like different scents for different moods and occasions. My latest one, Outspoken Party, is really vibrant and seductive. It starts off with a note of raspberry—as a child, I'd pick raspberries that my dad grew in our backyard—then it rounds out with crème brûlée.

RB: You've changed your hair color a lot over the years.

FERGIE: True, though right now I'm keeping it close to my base shade so I don't have to color it too often. I'm very low-maintenance these days. Onstage, it's a lot of hair and makeup. At home, it's just about being easy and fast.

RB: So your hair routine is fairly basic, then?

FERGIE: Yes. I like having long hair—I have the shortest forehead, so the length balances that. I just wash it and throw it up in a bun while it's wet, and it gets wavy all on its own. To make my hair look thicker, I use Avon Advanced Technique Ultimate Volume Shampoo and Conditioner.

RB: Is it true that your husband, Josh Duhamel, once walked in on you giving yourself a bikini wax?

FERGIE: Oh no, no, I don't do that myself! But he once walked in as I was *getting* one, and it was mortifying! —As told to Kate Sullivan

BRONZER: BUBBLE BATH, CREAM: CHRISTOPHER COPPOLA/STUDIO D. MASCARA, LIPSTICK: J. MUCKLE/STUDIO D. PERFUME: COURTESY OF MANUFACTURER; FERGIE: MYCHAL WATTS/WIREIMAGE.

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7
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These wrinkle-relaxing patches are like little irons for your face: Stick one wherever you have lines, and within minutes you can get tighter, plumper skin that lasts for hours.

We tested a ton, and these are the ones that... stuck. **BY MARISSA OLIVA**

UNDER EYES



"The hydrating gel pads, which you wear for 15 minutes, felt nice and cool on my skin. After I took them off, I patted on the eye cream as per the directions, and my under-eye area stayed smooth and bright for the rest of the day."

—Gina Way, beauty writer

StriVectin Labs Anti-Wrinkle Hydra Gel Treatment, \$69 for four treatments.



**win
IT!**

"I often wake up puffy-eyed, so I started using these 10-minute gel strips on those mornings. The difference was incredible—my skin looked and felt immediately firm again."

—Victoria Kirby, beauty director

Skyn Iceland Hydro Cool Firming Eye Gels, \$30 for eight pairs. (25 readers will win it; see page 178 for details.)

FOREHEAD



"I put one of the strips across my forehead, and when I peeled it off 20 minutes later, my skin was noticeably taut for the next several hours. I'll *definitely* be using these before a party!"

—Kim Cheney, executive managing editor

Facial Smoothies Wrinkle Removal Strips, \$15.95 for 120.



"I slept with a patch on the furrows between my brows every night for two weeks. Within a day, my lines seemed less deep, but the effect wore off once I stopped using them."

—Lauren Spencer, assistant managing editor

Frownies Facial Patches for Forehead & Between Eyes, \$19.95 for 144.

CROW'S-FEET

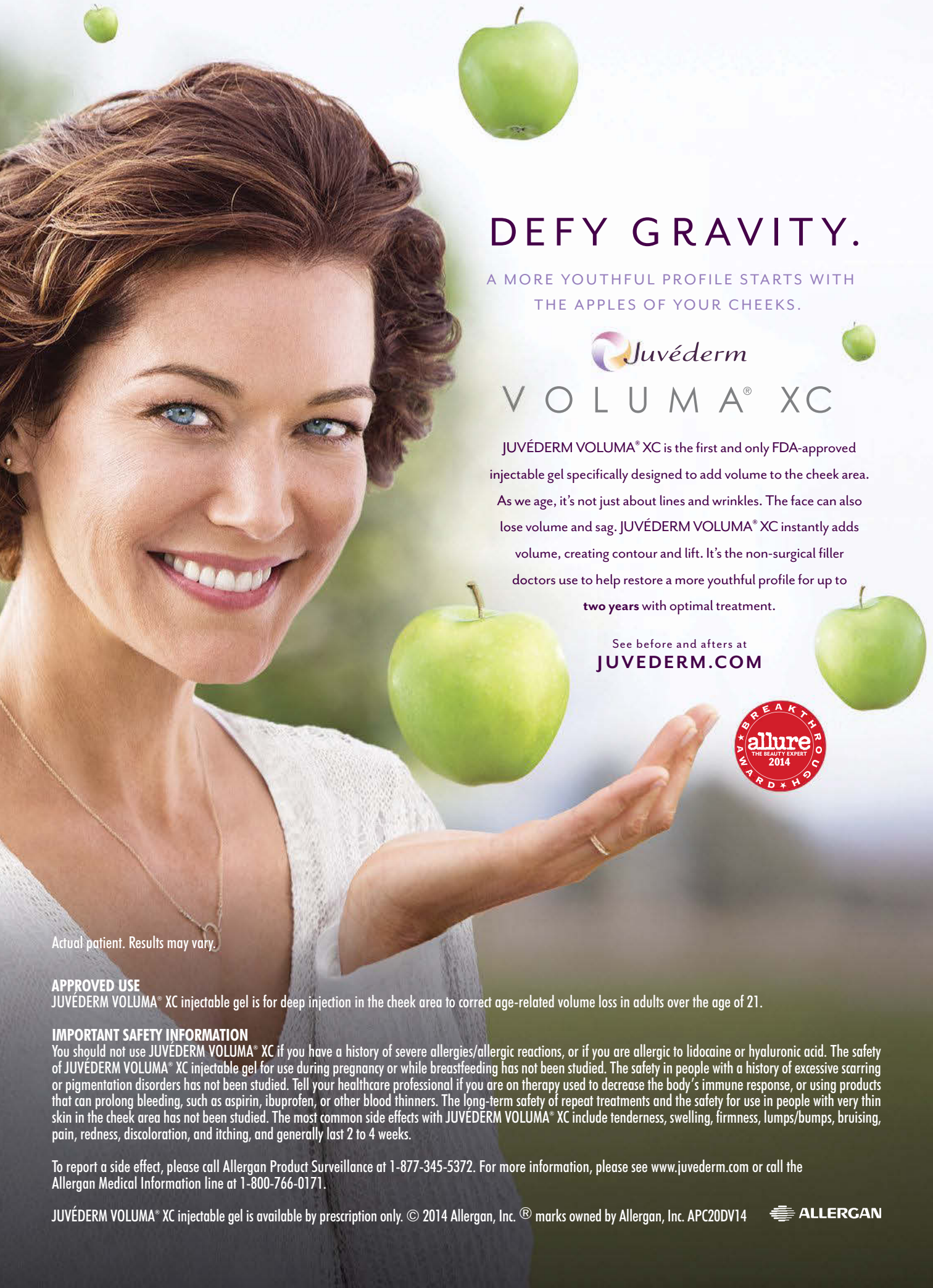


"The instructions recommend that you wear these overnight, but I decided to stick them on for 30 minutes before a date with my husband. Once I removed them, my eye crinkles were a lot softer, but the real kicker was that my husband, who didn't know I'd done anything, commented on how pretty my eyes looked."

—Jennifer Hitzges, fashion director

Furlesse Crows Eye Line Reducing Patches, \$19.99 for 60.

FERNANDO MILANI: STILL: CHRISTOPHER COPPOLA/STUDIO D.

A woman with voluminous cheeks and a green apple. The woman has brown, wavy hair and is smiling. A large green apple is positioned near her cheek, and another is floating above her head. The background is a soft, out-of-focus green.

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To report a side effect, please call Allergan Product Surveillance at 1-877-345-5372. For more information, please see www.juvederm.com or call the Allergan Medical Information line at 1-800-766-0171.

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"If you have curly hair,

let your colorist know first whether you wear it curly or straight, because that'll affect the placement of highlights," says Hazan.



HAIR COLOR

that changes everything

The right shade can have as much anti-aging power as a wrinkle cream, and these four REDBOOK readers show that you don't have to make a drastic transformation to see the difference. We asked Rita Hazan, colorist to stars like Madonna and Jennifer Lopez, to help us prove that a subtle shift can take years off your look.

By Gina Way Photographed by Peter Rosa

Add richness to DARK HAIR

"I originally started lightening my hair because I wanted it to be warmer, but somehow, the color has taken on a life of its own," says Suzy, a teacher and mom of two. "I can't pinpoint exactly what's wrong, but I feel like my hair is aging me and making me look tired."

THE FIX: "Deep brown hair like Suzy's can turn orange when you lighten it all over, and against her warm complexion, the auburn tint was washing her out," says Hazan. Her first move was to deepen Suzy's base back to her natural chocolate brown, which immediately perked up her skin. Next, to keep some of the lightness Suzy likes, Hazan wove in a few honey-colored highlights around her face. "They're discreet enough that she can go six months before having to get them touched up," notes Hazan. "Then, if she uses a UV-protecting spray year-round, it'll prevent her shade from turning brassy."

Phyto Phytoplage Protective Sun Veil, \$30.



Suzy Morillo, 47

💡 I've been doing my own color for 30 years, but lately, my hair makes me look sallow. 💡



“A swingy cut with a bit of edge keeps gray hair looking fresh,” says Hazan, who had a stylist trim Jennie’s hair into an angled bob with longer front pieces.



Jennie Driesen, 50

💬 I’m not looking to alter my color—I just want to know how to make it shiny and even. 💬

**win
IT!**



Brighten a GRAY STYLE

Jennie, a nurse and mom of two, started going gray when she was 20 years old. “For years I dyed my hair brown, but maintaining it was such a chore that once I turned 43, I decided to let it go natural,” she says. “I really like my gray hair, but sometimes it gets yellow-y and drab, which makes my skin seem pale.”

THE FIX: “Gray hair is porous, so it absorbs *everything*: minerals from water, pollutants, and UV rays, all of which dull it down,” Hazan explains. To restore vibrancy, she used a clarifying shampoo to remove buildup (try Redken Hair Cleansing Cream, \$15.50), followed by a purple-tinted gloss to correct yellow tones, then a deep-conditioner. Minutes later, Jennie’s hue was a sparkling blend of silver and white that brought out her skin’s healthy glow. “To help gray hair stay this pretty, use a clarifying shampoo weekly and a purple-tinted gloss two to three times a week,” Hazan recommends.

Rita Hazan Ultimate Shine Breaking Brass Gloss, \$26.
(25 readers will win the clear gloss; see page 178 for details.)

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- Laura P., new mom



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Check with your doctor if nursing, pregnant, under 18, following a doctor prescribed diet. © 2015 SlimFast.

"Dark hair can cast a shadow on light skin, and that can be aging," says Hazan. "Adding highlights around your face wakes up your complexion."



Autumn Tush Foley, 35

☺☺ With three babies at home, I have zero free time, so I need the easiest, fastest fix for my grays. ☺☺

Soften a BRUNETTE SHADE

"I've never colored my hair before," admits Autumn, who last year gave birth to triplets. "But now I've got grays popping up around my hairline, and in my dark hair, they're really obvious."

THE FIX: "There's no need to start dyeing all of your hair just to hide sporadic grays," Hazan says. "A few highlights will camouflage them beautifully." With that in mind, she sprinkled some golden-auburn pieces in the top layer of Autumn's hair and around her face. "This look is truly low-maintenance," Hazan promises. "The highlights can be refreshed once or twice a year, then to keep her shade radiant, all Autumn needs is a shampoo and conditioner for color-treated hair and a weekly at-home gloss designed for brunettes."

Developus Color Lock 3-Step System, \$10.35.



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For store location, go to hadalabotokyo.com 

When choosing an at-home blonde color for your roots, “look for words like *natural* or *neutral* in the shade name rather than *warm* or *golden*, which sometimes end up being too orange,” Hazan advises.



Weatherly Hammond, 37

“I don’t want to go darker, but this particular blonde is making me look blah.”

Balance BLONDE TONES

“My natural color is mousy brown, so I’ve been doing a ton of platinum highlights for years,” says Weatherly, an insurance broker. “These days, though, between work and raising three small children, I just don’t have time to get to the salon every six weeks.”

THE FIX: “Weatherly had so many super-pale highlights that her color had become flat and harsh,” notes Hazan. To soften things and create dimension, Hazan lightened her base a few shades, then painted on a handful of golden highlights. “With fewer highlights, Weatherly only has to go to the salon every three to four months now,” Hazan says. “In between, she can touch up her roots at home with box color.”

L’Oréal Paris Superior Preference Hair Color, \$9.99.





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5 beauty tricks I just learned

If you're after softer skin, lush hair and lips, and perfume that makes you happy, follow beauty director Victoria Kirby right this way.

LAYERING SCENTS CAN SHIFT YOUR MOOD

Remember the study that revealed how men find the mix of pumpkin pie and lavender aromas sexy? While I don't suggest dousing yourself in *that* kooky blend, science proves that when we sniff certain scents, it triggers specific feelings—and layering complementary notes can give you a real boost. Want to feel energized? Pair grapefruit, which makes you alert, with something musky (it helps you feel excited). Need to de-stress? Layer a watery floral (associated with tranquility) with comforting vanilla. The My Philosophy eau de parfum collection (\$40 for each 1-oz bottle) lets you play with all those feelings; it has six emotionally charged fragrances designed to be mixed and matched.



GLOSSY LIPS CAN LAST While sharing my frustration over melty lip gloss with makeup artist Molly Stern (she gussies up Reese Witherspoon), she suggested I try her move: “To create shine, I dab Aquaphor on top of lipstick. It’s thicker than most clear glosses, so it stays on the lips a little better, plus it nourishes and gives your shade the *most* delicious gleam.” I tried it, and I’m a believer.

Aquaphor Healing Ointment, \$5.79 for two 0.35-oz tubes.



There's new help for eczema

The chillier weather brings on dry skin—and for anyone with eczema, that can trigger flare-ups. To help control them, “avoid soap-based body washes and products that contain fragrances, and stick with formulas that hydrate while also relieving itching,” says Rosemarie Ingleton, M.D., director of Ingleton Dermatology in New York City. Two new products designed for eczema-prone skin do just that: Skinfix Soothing Wash, \$19.99, has colloidal oatmeal and aloe vera; this Curél spray, which is rich in ceramides, cools skin to calm irritation.

Curél Itch Defense Soothing Moisturizing Spray, \$8.99.



Jessica Alba has the goods on foxy lashes

And she doesn't use fakes or extensions, like a lot of stars. “I’m obsessed with lash primer,” she told me at the launch of Honest Beauty, her line of natural cosmetics. “First I curl my lashes, then I brush on primer, wait 30 seconds, *then* I put on mascara. The primer thickens and lengthens your lashes so well, you only need a coat or two of mascara, so you get a nice, clean look.” Honest’s two-in-one product makes it easy as can be.

Honest Beauty Truly Lush Mascara + Lash Primer, \$21. (25 readers will win this; see page 178 for details.)



YOU CAN FAKE A BLOW-OUT IN MINUTES This savvy shortcut from Mara Roszak, celebrity hairstylist for L'Oréal Paris, has made my mornings a lot saner. “Keep a spray bottle of water in your bathroom,” she says. “If you wake up and your hair is flat or frizzy, spritz just the top layer and around your face, then blow-dry those sections. It'll refresh your entire style in under five minutes.” Nice, right?

win it!



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red

STYLE

PHOTOGRAPHED BY Claire Benoist

Snap up a backpack

They save your shoulders, corral your stuff, and make you look as chic as a French gamine. The ones here toggle easily between work and weekend—so no more lugging that heavy tote around, okay?



Clockwise from top: \$258; verabradley.com. \$80; urbanexpressions.net. \$29.94; oldnavy.com. \$158; lesportsec.com (20% off with code REDBOOK20). \$150; mattandnat.com.

PROP STYLIST: JASON GLEDHILL
AT HALLEY RESOURCES.

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OCTOBER 2015 / REDBOOKMAG.COM

69



FASHION under \$50

These big-personality pieces will upgrade your basics faster than you can say, "That'ssocute!"

HIT AN ELEGANTLY EDGY NOTE

1 A floral print with a black background is winter-perfect (and very slimming). Dress, Attention, \$26.99; kmart.com. **2** One tough little clutch. Clutch, \$35; gojane.com (20% off with code RB1020R). **3** Studs that bring color to the fronts *and* the backs of your lobes. Earrings, \$37.50 (includes 25% discount using code REDBOOK25); sterlingforever.com. **4** A layering piece that makes you look long, lean, and super-sharp. Vest, \$44.90; forever21.com. **5** Slip on this flirty, tummy-hiding top and get the garlic bread... *and* the pasta...*and* the dessert on date night. Top, \$44.90; eloquii.com. Sizes 14 to 24. **6** These cage heels could make a fuzzy bathrobe seem sexy. Heels, \$37; qupid.com (15% off with code RBMIX185). **7** Give even the plainest tee a minimal-cool vibe with this cuff. Cuff, \$35; rjgraziano.com. **8** The only drawback of wearing this faux-leather pencil skirt to work? Your boss might think she pays you too much. Skirt, \$42; joefresh.com.

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Emily is wearing New Eye Studio® Brow Define + Fill Duo in Soft Brown. ©2015 Maybelline LLC.

NEW YORK



PLAY UP YOUR GIRLY SIDE

- 9** Surprisingly alluring: a silky cami like this peeking out of your coziest cardigan. Top, \$49; lulus.com (20% off with code LULUS20).
10 Nail the layered-delicate-necklace trend without trying. Necklace, \$32; maxandchloe.com (25% off with code REDBOOKMC25).
11 You'll feel like you're wearing sweats, but look like you belong on a style blog. Pants, Ava & Viv, \$27.99; target.com. Sizes X to 4X. **12** A big rich-lady bag for a teeny-tiny price. Bag, \$35.90; windsorstore.com. **13** Sparklers small enough for every day—they're about $\frac{3}{4}$ of an inch long. Earrings, \$28; baublebar.com. **14** Dusty rose is the most sophisticated shade of pink on Earth. Cardigan, Mak, \$34.99; modcloth.com. Sizes S to 4X. **15** Stay gold in comfy flats that still feel special. Flats, \$49.95; gap.com.
16 This clutch could double as a work of art. Clutch, \$38; stephaniejohnson.com (20% off with code REDBOOK20).



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Adriana is wearing New Color Sensational® The Creamy Mattes in All Fired Up. ©2015 Maybelline LLC.

NEW YORK



17



18



19

COMES IN
plus



20



24

23



21

22



BE CLASSIC... AND ALSO REALLY MODERN

17 The iconic prairie blouse is even better as a bum-covering tunic. Tunic, \$48.99; shopruche.com (20% off with code REDBOOK20).

18 An oversize bracelet so stunning it deserves its own reality show. Bracelet, \$30; accessoryconcierge.com (20% off with code REDBOOK20FALL). **19** In rich maroon, a biker jacket feels very upscale. Jacket, Joe Boxer, \$39.99; kmart.com. **20** Your fave striped tee, but sweeter. Shirt, \$22.94; oldnavy.com. Sizes XS to 4X. **21** Dangles with pretty, low-key twinkle. Earrings, \$10; shopprimadonna.com. **22** All hail the return of the chunky heel—killer boots are walkable again! Boots, Izabella Rue, \$49.95; shoedazzle.com.

23 Dressy gold zips make these joggers easy to take out on the town. Pants, \$49.95; ae.com. **24** Finally: an adorable shearling piece that harms no sheep or wallets. Faux-shearling bag, Adam Lippes for Target, \$34.99; target.com.

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Tie fun pieces together

It balances the quirkiness of printed pants and an oversize vest, while they give *it* major personality.

Turtleneck, \$78; whbm.com. **Necklace, \$59.50;** talbots.com. **Vest, \$149;** chicos.com. **Pants, \$125;** ilsettel.com. **Bag, Jaclyn Smith, \$34.99;** kmart.com. **Shoes, \$79.95;** stevemadden.com.



3 fresh ways to wear your turtleneck

The old deep-winter basic is the key to fall's most flattering and chic layered looks.

Double up on tops

The turtleneck makes a slouchy button-down feel polished... and so cool.

Earrings, \$26; shopshashl.com. **Blouse, \$44;** lulus.com (20% off with code **REDBOOK20**). **Pants, \$65;** oasis-stores.com (available November 1).



Warm up a summer dress

A lightweight, body-hugging pick will take a light dress into chilly temps and still look sleek.

Dress, BB Dakota, \$105; shopbop.com. **Sizes 0 to 24.** **Ring, Blu Bijoux, \$32;** maxandchloe.com (25% off with code **REDBOOKMC25**). **Boots, Calvin Klein, \$189;** nordstrom.com.



COMES IN plus

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... you have a tummy

The slightly flared shape means it won't cling to your middle. **\$69;** karenkane.com (20% off with code **REDBOOK20**).

... you have bigger arms

The cable-knit front draws attention away from the clean, not-tight sleeves. **\$59;** landsend.com. **Sizes XS to 3X.**

... you like a slim fit

This thin, stretchy style doesn't add bulk when you're layered up. **\$32;** americanapparel.net.



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JEANS

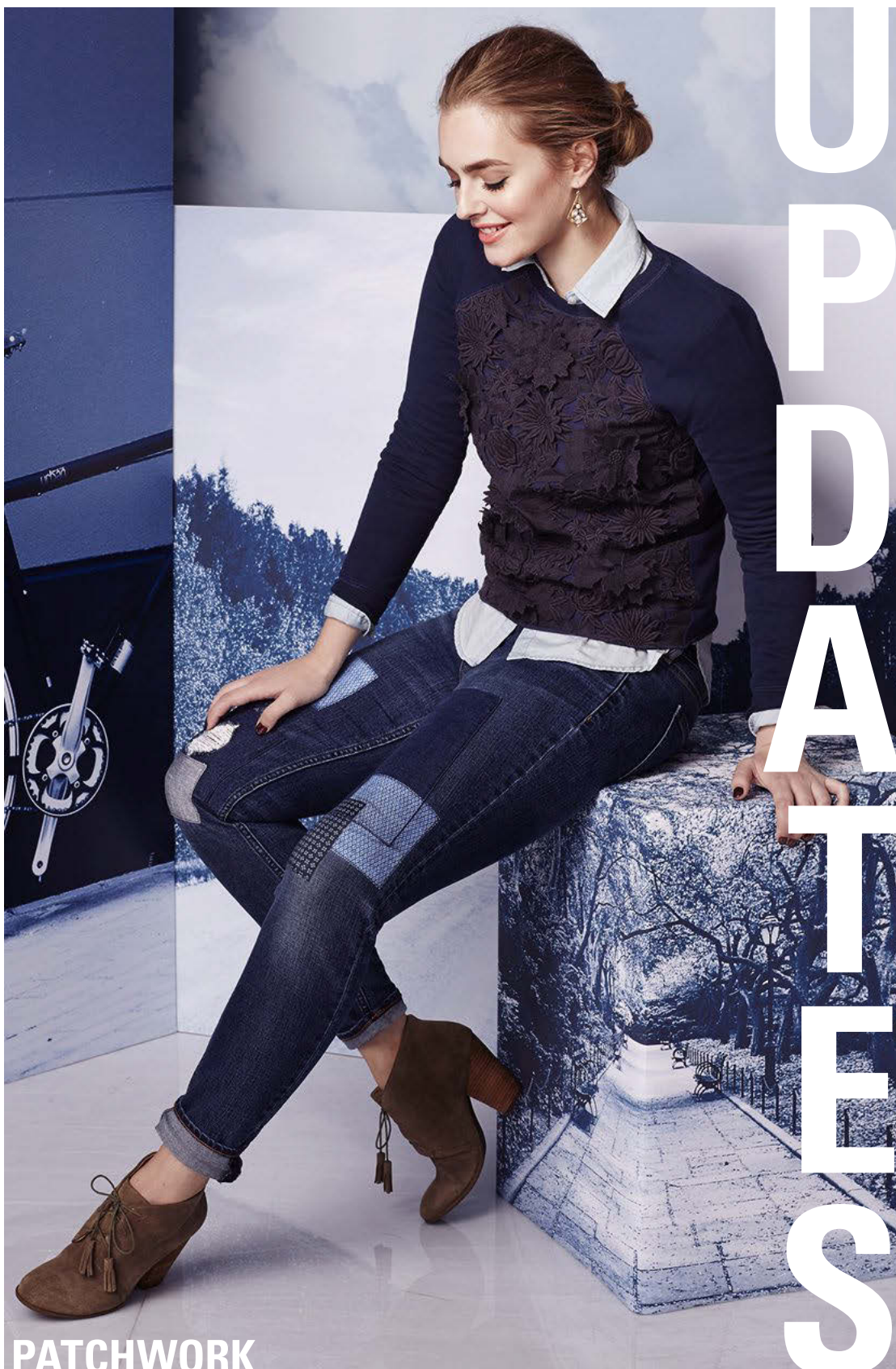
The right pair of jeans can make you feel comfier, sexier, *you-ier*. We found 22 new pairs that'll do all that and instantly refresh your wardrobe, too.

PHOTOGRAPHED BY GARY LUPTON

FLARED

Trim on top and just-a-bit-belled on bottom, this throwback style visually balances and streamlines your curves. If you pair it with sharp, modern pieces, you'll look totally groovy in a 2015 (not 1975) kind of way.
JEANS \$78; lulus.com (20% off with code LULUS20). TOP CeCe by Cynthia Steffe, \$79; dillards.com. JACKET \$150; whbm.com. BRACELET \$38; oliveandpiper.com. PUMPS \$99.95; stevemadden.com.

STUDIO D.



PATCHWORK

Love the casual, lived-in feel of boyfriend jeans? These have the same effortless vibe, minus the “But are they too baggy?” worries. That closer fit—along with the dark wash—also makes them even easier to polish up.
JEANS \$44.94; oldnavy.com. Sizes 0 to 4X. **EARRINGS** Juliet & Co, \$32; shopbop.com. **SHIRT** \$24; aeropostale.com. **SWEATER** \$98; bodenusa.com. **BOOTIES** \$89.95; solesociety.com.



MOTO

Edgy details like angled seams and quilted stitching take your beloved skinny-jean shape in a decidedly sexy direction. With a simple sweater, they're perfect for a weekend day; with a soft blouse and heels, they're killer for date night.

JEANS \$79.90; express.com. **NECKLACES, FROM TOP** \$15; charmingcharlie.com. \$121; shopshashi.com. **BLOUSE** \$15.80; forever21.com. **JACKET** \$348; anntaylor.com. **BRACELETS** \$28 for set; 31bits.com. **BAG** \$58; povertyflatsbyrian.com. **BOOTIES** \$129; ninelwest.com.



CULOTTES

These combine the hip-slimming power of the trouser jean with the flattering-for-everyone silhouette of an A-line skirt. They're also permission to snap up a fabulous pair of chunky heels: They go together like PB&J.

JEANS \$198; 7forallmankindnd.com. **EARRINGS** \$78; www.sequin-nyc.com. **SWEATER** \$29; joefresh.com. **SCARF** Wilfred for Aritzia, \$85; aritzia.com. **CUFF** \$131.25 (includes 25% discount using code REDBOOK25); dellahk.com. **HEELS** Sblcca Vintage, \$89.99; amazon.com.



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Department

HIGH-WAISTED & SLIM

A waistband that grazes your belly button makes your legs appear to start higher, so even in ankle-cropped jeans they'll seem impossibly long. That higher rise also does amazing tummy-flattening, waist-whittling things for your middle.

JEANS \$44.95; [ae.com](#). **BLOUSE** \$29.90; [uniqlo.com](#). **WATCH** Anne Klein, \$125; [amazon.com](#). **CUFF** \$21; [cocolovesrome.com](#). **BLAZER** \$129; [landsend.com](#). **FLATS** Ivanka Trump, \$130; [nordstrom.com](#).



EMBELLISHED

An eye-catching hit of sparkle—in the form of, say, a tuxedo stripe—will take you to sophisticated places your usual jeans can't go... and will make getting glam for the occasion a cinch. White button-down, smokin' heels, done.

JEANS Roaman's, \$79.99; fullbeauty.com. Sizes 12W to 32W. **NECKLACES, FROM TOP** \$140 and \$150; estore-us.pandora.net. **SHIRT** \$79; jill.com Sizes XS to 4X. **BRACELET** \$24.90; express.com. **HEELS** Seychelles, \$130; seychellesfootwear.com.

FIND *YOUR* DREAM JEANS

After trying on dozens (and dozens) of pairs, four REDBOOK editors say these are the most flattering and comfy picks for their bodies—and yours!

HOURLGLASS

ANDRA

Senior editor

“That fit nicely on my waist are often too tight on my hips, thighs, or butt. These are snug in the right spots!”

On Andra: Jeans, Rafaella, \$58; bonton.com. Necklace, \$38; sterlingforever.com (25% off with code REDBOOK25). Top, \$79; vincecamuto.com. Pumps, \$128; anntaylor.com.

COMES IN
plus



Cute inset zipper pockets draw eyes in and away from your thighs.

Jordache, \$18.88; walmart.com. Sizes 4 to 26.



They're gently curved through the upper hip, so you won't feel squeezed.

\$118; yummiellife.com.



The power mesh fabric is like getting a built-in slimmer, but better: These won't leave you breathless.

\$148; spanx.com.

CURVY

MEGHANN

Senior Web editor

“Click in the middle, so muffin top is my nemesis. The ones I'm wearing are high-waisted with enough give to hold my tummy in.”

On Meghann: Jeans, Signature by Levi Strauss & Co., \$19.94; walmart.com. Sizes 4 to 20 (short/regular/long). Top, \$88; nydj.com. Pumps, Isaac Mizrahi, \$130; dsw.com.

COMES IN
plus



The stretchy waistband won't dig into your middle.

\$58 (misses/petite), \$62 (tall/plus); lee.com. Sizes 4 to 24.



COMES IN
plus

A hidden front panel smooths out a pooch.

\$69.95; lanebryant.com. Sizes 14 to 28.



COMES IN
plus

Slim, straight legs are sleek like a skinny jean, without looking painted on.

\$99; luckybrand.com. Sizes 14W to 24W.



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PETITE MARLA

Assistant
fashion editor

“... doesn't mean stick-thin. I'm 5-foot-3 with curvy legs, so I need pants that aren't too slim. These have room for my thighs and calves.”

On Marla: Jeans, Jennifer Lopez, \$54; kohls.com. Sizes 0 to 24 (regular/petite/plus). Necklace, \$60; mallbeads.com. Shirt, \$39.95; ae.com. Vest, \$160; clubmonaco.com. Watch, Liz Claiborne, \$35; qvc.com. Shoes, \$120; felyue-shoes.com.



Light fading that travels down the leg has a subtle elongating effect.

\$69.95; gap.com. Sizes 24 to 35 (short/regular/long).



This super-soft, supple pair molds to curves and feels like leggings.

A.n.a., \$44; jcpenny.com. Sizes 2 to 24 (petite/regular/plus).



A relaxed fit that's narrow enough not to overwhelm you.

\$64.95; nyandcompany.com.

COMES IN
plus

TALL TIFFANY

Deputy editor

“... I'm tall, I've never found a pair long enough to give me that cool scrunchy effect at the bottom—but these do!”

On Tiffany: Jeans, \$79; longtallsally.com. Sizes 4 to 16, inseams 36" and 38". Top, 424 Fifth, \$99; lordandtaylor.com. Blazer, Ivanka Trump, \$129; thebay.com. Cuff, \$32; shramelodyjewelry.com. Flats, Cole Haan, \$138; zappos.com.



Slightly flared at the hem so they cover most of your shoe, these will really play up your legs.

Denizen from Levi's, \$27.99; target.com. Sizes 2 to 18 (short/regular/long).



Thick material with a nice amount of spandex smooths hips and thighs.

\$79; guess.com. Sizes 23 to 32 (short/regular/long).



They hit only an inch or so above the ankle, so they won't look like high-waters.

Michael Michael Kors, \$125; Macy's stores.



EDITORS: LAUREN PERLSTEIN/STUDIO D. HAIR: BENNETT GREY AT ABTP.COM. MAKEUP: JAMIE DORMAN AT ABTP.COM. MANICURE: RACHEL SHIM AT ABTP.COM. DENIM STILL: JEFFREY WESTBROOK/STUDIO D. STYLIST: KRISTY VANT AT MARK EDWARD INC. GAP JEANS: BEN GOLDSTEIN/STUDIO D. STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.



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Easy-chic ideas for any budget

If putting together a low-key yet on-point weekend look petrifies you, we totally sympathize. Blogger Moriah Murrell's tricks are simple to copy (and kind to your wallet!).

The key to perfect tucking

"Button-downs that are super-soft, not stiff and starched, won't look bulky and always hang right."

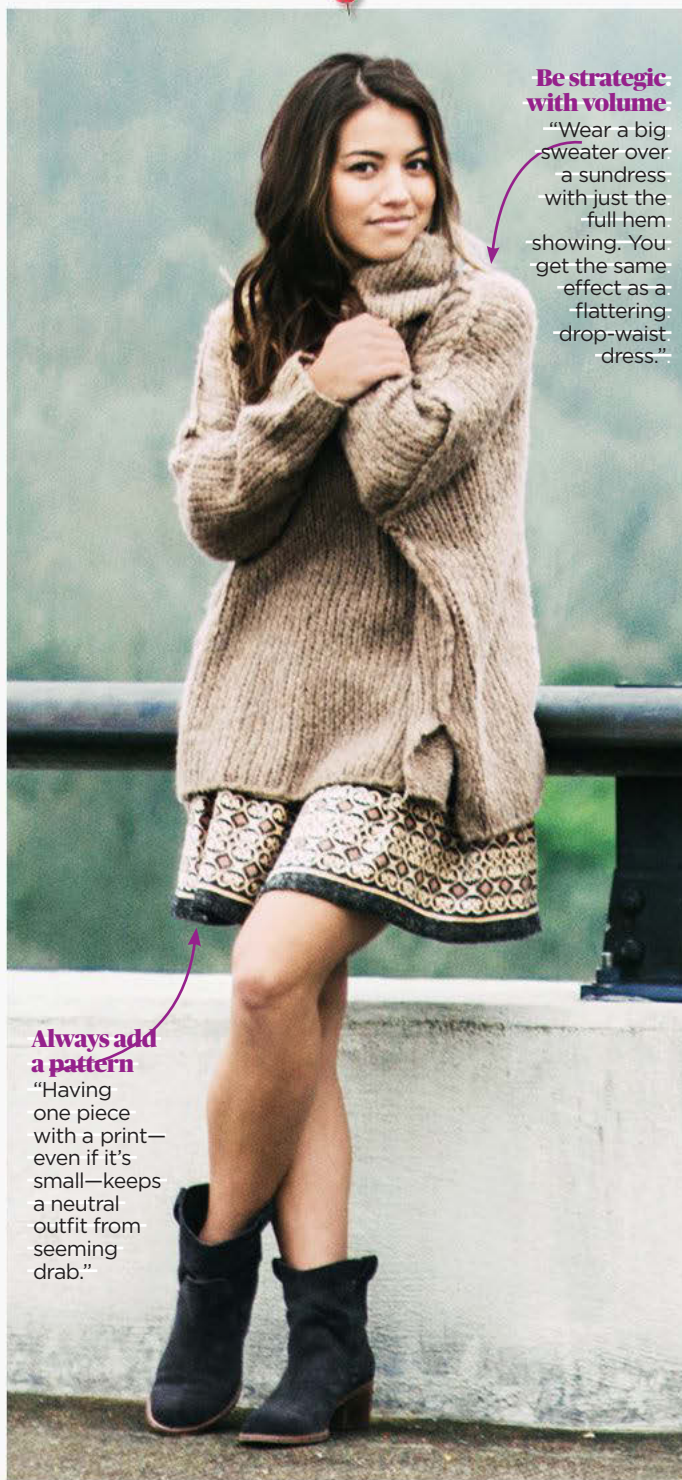


Lose the prim, keep the polish

"A clean tear at the knee took these white Target jeans from preppy to cool."

Be strategic with volume

"Wear a big sweater over a sundress with just the full hem showing. You get the same effect as a flattering drop-waist dress."



Always add a pattern

"Having one piece with a print—even if it's small—keeps a neutral outfit from seeming drab."

Transform a summer scarf

"I folded a light scarf, then wrapped it around twice to give it a sassy Western vibe."

Invest in a moto jacket

"A classic black one with no embellishment will never go out of style."





Rediscover the curls you were born with

New Dove Quench Absolute
Perfectly nourished hair +
beautifully defined, natural curls

Dove knows that naturally curly hair is drier and most in need of nutrient-rich care to stay nourished, strong and manageable. Introducing our most nourishing range ever, NEW Dove Quench Absolute. Infused with Buriti Oil, this rich and creamy range locks in moisture to quench thirsty hair for beautifully defined, healthy looking, touchable curls. Perfectly nourished hair + 4X more defined*, natural curls

*Quench Absolute Shampoo, Conditioner or Mask and Crème Serum versus non-conditioning shampoo.



5 new things to do with a scarf

SAVE A WOMAN'S LIFE



Featuring a dreamy flock of butterflies, this wrap's print, by painter Lana Moes for White House Black Market, beautifully embodies the idea of strength in numbers. It was inspired by the symbol of Living Beyond Breast Cancer (LBBC), whose mission is to help survivors have a well-informed support crew—often critical for survival. The nonprofit, which for almost 25 years has been an educational go-to for patients, their caregivers, friends, families, and health-care providers, will receive \$45 from the purchase of each scarf. **Scarf, \$68; whbm.com.**

MAKE AN OLD COAT LOOK NEW

This cheery belted getup from Talbots was love at first sight for us—and also major inspiration to get more creative with our old coats. Even a statistician would have to agree that with a couple of belts and three or four scarves (surely you've got at least that many in your closet), you can create about a trillion different combos that—bonus—will leave you looking wasp-waisted even if you're layered like an onion.

Scarf, \$59.50; talbots.com.



Wear it as a blouse

Positioning a long, silky scarf under a cardi to create a deep V-neck, like House of Ginger blogger Paige Pitzer (right), makes for an easy, sexy-quick look. Also: Letting it hang unevenly gives you the interest cool layers do, without the struggle of holding down your cuffs or tugging your hem to get it right. *Also: stealth tummy coverage. That's the style trifecta, no?*



LET IT DOUBLE AS DECOR

Free up a drawer or shelf by keeping scarves in a huge apothecary jar, then using that to pretty up a dresser or table. Jaime at the crafting blog *Pretty Prudent* was our inspiration here. (Her jar was neater, but we think haphazard works too!)

Imax lidded jar, \$42; overstock.com.

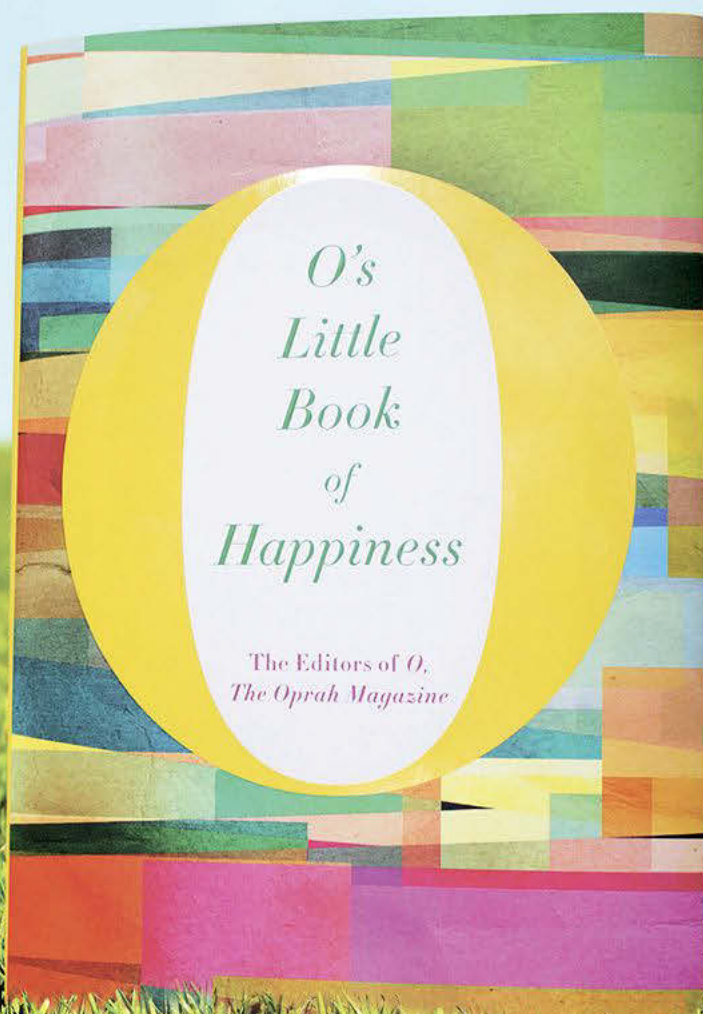


Wash it right

"Most people never think to wash their scarves; they're the bed skirts of fashion," says Nancy Bock, SVP of education at the American Cleaning Institute. "But we wear them next to our skin, so they get oil and perfumes on them"—which can cause fabric damage, she says. "A scarf you wear most days should be washed every couple of weeks, especially during cold season." And if you clip off the care label before tying on a new one, snap a pic to refer back to. "Following an item's specific care instructions is the best way to make it last longer."

“The path to happiness is rarely
a straight line, but there are
so many opportunities
for wisdom along the way.”

—Oprah Winfrey



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The Safeway Foundation and the Entertainment Industry Foundation are 501(c)(3) tax-exempt organizations. Photo by: Nigel Parry

red

BODY

PHOTOGRAPHED BY The Voorhes

Power through the afternoon

As if you needed another reason to love the stuff: A new brain-imaging study shows that dark chocolate can make you more alert and even more productive. "Cacao stimulates waves of activity in the brain that clear away the clutter, so you can focus," says study coauthor Larry Stevens, Ph.D., of Northern Arizona University, and that's with less of the sleep-disrupting effects of coffee. Shop for chocolate with at least 60 percent cacao content—the higher percentage, the better—and (since you shouldn't eat too much) only reach for it when you really need fuel.



What doctors tell their friends about aging

Perhaps you started worrying the moment you spotted that first wrinkle (or had to get reading glasses—*ugh*). Fear not: The advice these doctors give their closest pals will keep you feeling young, strong, and healthy.

BY MARGERY ROSEN

YOU ARE WHAT YOU EAT

“My friends know I’ve been following an anti-inflammatory Mediterranean diet for years. It’s heavy on whole grains, fruits, veggies, nuts, seeds, and legumes, with a smattering of dairy, poultry, fish, egg whites, and olive oil. But they’re astonished when I tell them it doesn’t really matter what you eat as long as you avoid what I call the five food felons: saturated fats, trans fats, refined grains, and added syrups and sugars (check the label for anything ending in *-ose*). Cut those out of your diet and you’ll not only feel better, you’ll also lower your risk of age-related conditions such as heart disease, cancer, and dementia. It’s as simple as swapping your favorite chips for crunchy veggies and guacamole, or a brownie for Greek yogurt topped with berries and dark chocolate. Can’t live without pizza and pasta? That’s fine, as long as they’re whole-grain.”

—**Michael F. Roizen, M.D.**, chief wellness officer at Cleveland Clinic and coauthor of *You, Staying Young: The Owner’s Manual for Extending Your Warranty*

THE SECRET TO A SHARP MIND MIGHT BE... TANGO?

“A friend came up to me at a party recently, very upset. She was finding it hard to remember people’s names, even those she knew well, and had started misplacing things around the house. ‘Is this how it starts?’ she asked me. ‘Is this

early-onset Alzheimer’s?’ I told her that what she was experiencing is called cognitive aging, and it happens to *everyone*. The problem is, we hear so much about Alzheimer’s that whenever we have a memory glitch, we automatically think the worst. There isn’t an epidemic of Alzheimer’s in this country; there’s an epidemic of *fear* of Alzheimer’s. Still, there are things you can do to keep your mind sharp. The most important one is to get plenty of exercise, starting now. It’s true that brain volume shrinks as we get older, but several thousand new cells are created every day, and research shows that regular aerobic exercise jump-starts the process, slashing your risk of Alzheimer’s and other types of dementia. My advice? Take some dance lessons. Dancing hits all the areas critical for

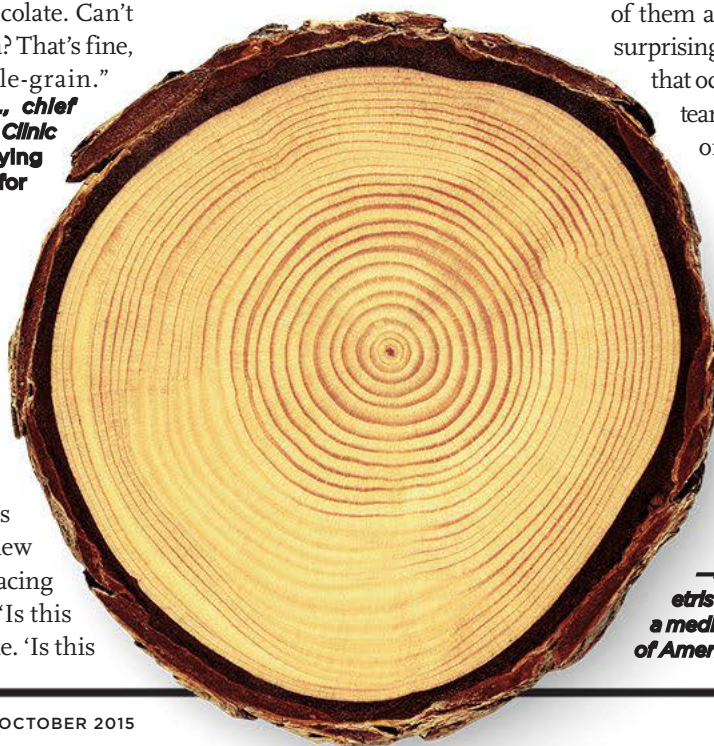
healthy aging: You’re exercising, learning new steps, and socializing.” —**Majid Fotuhi, M.D., Ph.D.**, chairman of the NeuroGrow Brain Fitness Center in McLean, VA, and director of the Johns Hopkins Memosyn Neurology Institute in Lutherville, MD

YOU DON’T HAVE TO LIVE WITH BLURRY VISION

“My mom is in her 60s and has always loved going out with friends to art museums or dinner in the evenings. A little while back, though, I noticed she was staying home all the time. When I asked her why, she said, ‘My night vision is getting worse—I don’t feel comfortable driving after dark.’ I hear this complaint frequently from women who are as young as 40, and it frustrates me that they just accept it. There are a number of things that can cause poor night vision, and most of them are treatable. One of the most surprising is dry eye. Hormonal changes that occur as you grow older can slow

tear production, leaving the surface of your eyes dry and often inflamed. This can make it seem like you’re looking through frosted glass, a problem only made worse when it’s dark. So if you’re struggling to see at night, schedule an eye appointment to rule out more serious conditions, like cataracts. If it’s dry eye, your symptoms may improve with a treatment as simple as artificial tears.”

—**Justin Bazan, O.D.**, an optometrist practicing in New York City and a medical adviser to the Vision Council of America



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*vs. Poise. **based on average U.S. consumer usage. †while supplies last.

YOU'RE NOT FALLING APART!

"My research focuses on the stereotypes surrounding aging. What I've found is that many of us assume that as we get older, everything falls apart—so we brace for decline, and watch for signs that our bodies and minds are giving out. And of course we find them. It's a self-fulfilling prophecy. My advice to friends is simple: It's not your physical state that limits you; it's your mind-set. Research shows that your attitude can improve your health and may even reverse the signs of aging. So I tell them to be *mindful*. That means to strive to live in the moment, to actively notice the people, places, and things around you as if for the first time. Try this: Walk down the street and pay attention to the colors of the leaves and the architecture of the buildings. Kids do that—it's one reason it's so hard to get them to school in the morning—and we can learn a lot from them. To feel happy and healthy, you need to show up for life, whether you're 25 or 65." —**Ellen Langer, Ph.D., professor of psychology at Harvard University and author of *Mindfulness***

THE SEX GETS BETTER

"Everything in our culture makes people feel like they're no longer sexually viable after 40. You can't watch the evening news without seeing a commercial for vaginal dryness, painful sex, or erectile dysfunction. When my friends worry about sex becoming stale, I remind them of a national survey I conducted several years ago: It found that many women in their 60s and 70s were having the best sex of their lives. What's more, satisfaction increased with each decade! So will sex be the same as it was when you were younger? No, because you're not the same person. But it can be *better*. As you age, you and your partner may both become more accepting of your bodies. You may become confident enough to ask for what you want. And you can learn to focus on each other instead of physical goals like orgasm. After all, sex is about an emotional

connection, too. If that starts to fade, carve out time to really talk—you know, about something other than whose turn it is to take carpool. Instead of dinner and a movie, go for a hike and have a conversation."

—**Gina Ogden, Ph.D., sex therapist and author of *Return of Desire: A Guide to Rediscovering Your Sexual Passion***

IT'S NORMAL TO BECOME A LIGHTWEIGHT

"Women I know often ask me why alcohol seems to affect them so much faster now. It's biology: An enzyme called alcohol dehydrogenase helps us metabolize what we drink; women have fewer of those enzymes than men in the first place, and we all lose them as we age. That's why your tolerance goes down. Sorry to say, though: Experts recommend that women avoid consuming more than one drink per day anyway. A couple of drinks spread out during a special occasion may be fine, but generally speaking, one is the cutoff. Maybe less, depending on how you feel." —**David L. Katz, M.D., director of the Yale University Prevention Research Center in New Haven, CT**

MAKE YOUR HOME A HAVEN

"We live in an increasingly noisy world. On the subway, in spin class—we're surrounded by noise everywhere we go, and

“I tell my friends that it's not your physical state that limits you; it's your mind-set. Research shows that your attitude can improve your health and may even reverse the signs of aging.”

over time it can damage the hair cells inside the ear that are responsible for passing sounds to the brain. Once those cells are damaged, you can't replace them. That's why it's important to do everything you can to preserve your hearing now. I tell my friends and patients to start at home, where you have some control: Keep your TV and sound system at a reasonable volume, and—as if you needed an excuse—try to avoid noisy kids' toys. Swap old appliances for quieter models, and put a rubber or cork mat under particularly loud ones like the coffee grinder. Lay down rugs on bare floors and put drapes on your windows—they'll help absorb sound. If you live close to the road, planting trees and shrubs around your house can cut back on street noise too." —**Michael D. Seldman, M.D., director of otologic and neurotologic surgery and otology research at the Henry Ford Health System in Detroit and author of *Save Your Hearing Now***

WE CAN LEARN A LOT FROM THE OLDEST AMONG US

"I work with people who live well into their 90s and 100s, and my oldest patients have many things in common: They spend a lot of time with their friends and family. They're optimistic (one patient, who recently passed away at 104, used to tell me, 'My favorite birthday is my next one'). They're resilient. But one of the most interesting things I've noticed? Many of them are very good at practicing moderation. I think it's because they grew up in a different time—during the Depression and World War II—when resources were limited and everyone had to sacrifice. Their attitudes reflect the self-control they learned then: Dessert is a treat, not something they think they deserve. Those patients aren't self-absorbed at all, and that's what keeps them vital and healthy."

—**Audrey Chun, M.D., director of the Martha Stewart Center for Living and vice chair of clinical programs for the Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai in New York City**





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The 2-minute way to a strong, sexy back

All you need is this clever move from Scottsdale, AZ-based trainer Jolene Goring. It'll tone those trouble spots in your upper back—and give you great shoulders.



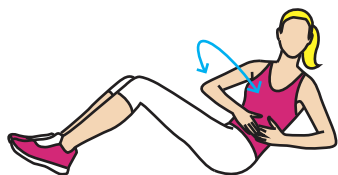
STEP 1 Stand up straight and pull your belly button toward your spine, arms at your sides. Hold a grocery bag or some other type of weight in each hand.



STEP 2 Roll your shoulders in semicircles: first up, then back (squeezing your shoulder blades together) and down. Do 10 reps, then repeat in the other direction.

A SIMPLE ROUTINE THAT MELTS YOUR LOVE HANDLES

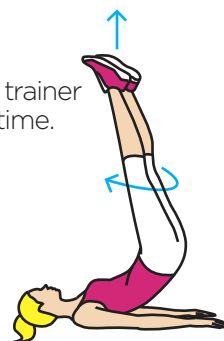
To get rid of that flab, you need to tone your core *and* burn fat, says *The Biggest Loser* trainer Jen Widerstrom. Do 10 jumping jacks between these exercises and be trimmer in no time.



PILATES ROW Sit tall with your knees bent and feet hip-width apart; rest your hands at your belly. Tuck your pelvis and lean back until your abs engage. Slowly twist side to side, dragging your elbows back as far as you can. Repeat 10 times.



PLANK KNEE SWIVELS Get in push-up position, with your fingers facing forward and your back straight. Pull your left knee to your right elbow and pause, then move it to your left. Continue back and forth for 10 reps. Repeat with your other leg.



CORKSCREWS Lie down with your legs raised (knees bent, if that's easier) and your arms at your sides or holding on to something behind your head. Drive your hips up and twist to the left; lower and do the same to the right. Repeat 10 times.

HAIR: JUANITA LYON FOR ORIBE AT ART-DEPT.COM; MAKEUP: ALEXIS SWAIN FOR CHANEL AT CELESTINEAGENCY.COM; STYLIST: LAURA ZANOTTI; PROP STYLIST: SCOTT HORNE AT BIG LEO PRODUCTIONS; ILLUSTRATIONS: JASON LEE.

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How (not) to use a fitness tracker

When Susan Dominus's devotion to her Fitbit turned the corner into obsession, she realized she needed to rethink her bond with it to save her sanity and her shins.

I DID NOT LOOK AT THE TIME; I had to write one more email; I could not find my wallet. And I was quite possibly going to miss my train.

For all of those things, I blame myself.

For what happened next, however, I choose to blame my Fitbit—a fitness tracking device I had started wearing on my wrist, one that was keeping track of the number of steps I took each day.

My plan, before I realized I was late, had been to stroll from my home outside New York City to the train station a mile away, racking up a precious portion of the 20,000 steps I had set for myself as a daily goal. But once it got late, I thought I might have to drive instead, because I *needed* to catch that train for a meeting in the city.

But somehow, I could not make myself get in the car. Since I had started wearing my Fitbit, I had soured on driving. What did I ever get out of driving? When I drove, things went down—my gas tank, my mood. When I walked, things went up! I accumulated steps, which made me feel cheerful and productive, even if I had not accomplished anything more impressive than putting one foot in front of the other for 20 minutes without falling on my face.

So I came up with what, at the time, seemed like a better idea: I would run to the train, even though I was already dressed for an appointment in the city; even though, more significantly, I was wearing some less than perfectly comfortable flats.

I had invested in a Fitbit, in the first place, to try to lose some weight by moving my body more often. My goal was not a smaller jeans size (though that would be nice too); it was more that I wanted to continue my lifelong love of running a few times a week, but with slightly less risk of injury. With every pound I lost, someone once told me, I would take pressure off my knees, which seemed crucial, as they had started making strange crunching noises, and sometimes hurt when I walked down stairs. Enter Fitbit: I would track my calories, track my steps, I would

be motivated to walk more, and *voilà*, I would lose a few pounds and running would be easier.

I was motivated all right. Even before the day I was late for the train, the tidy innocuous band I wore loosely around my wrist had started to exert some kind of death grip on my thoughts. Fitbit suggests starting with a daily goal of 10,000 steps. That seemed too easy, so I upped it to 20,000. I was walking to the library where I was working, and walking home. When I felt I was in need of a



STUDIO D, PROP STYLIST: WENDY SCHELAH AT HALLEY RESOURCES.



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boost, I walked around the library. My work—writing—was hard, its value wholly subjective. Walking was easy, its value celebrated by my Fitbit, which buzzed and whirred when I reached my 20,000 steps. It let me know how much it cared.

And so, on that day I was late, I ran all the way to the train, feet slapping the sidewalk, an 18-minute walk condensed into an 11-minute jog-run (13,348 steps!). I was sweaty, I was disheveled, I was thrilled.

Until I sat on the train. My shins on both legs started to hurt: It felt as if the flesh was pulling away from the bone. I would not think about that, I decided. I was fine. I arrived in the city, walked 25 blocks to a lunch (17,000 steps!), and afterward, I walked another 25 blocks back to the train station. By then I was slowing down; I was feeling twinges of pain, and also regret.

Then I got on the train. My shins were speaking to me again, and this time I could hear what they were saying: *You are an idiot. You have lost control of your senses. You have become a Fitbit nitwit.*

I arrived at my home train station, but not having brought a car with me, I had little choice but to walk home—slowly, wearily home. What had taken me 11 minutes to jog that morning was now a 25-minute slog.

I had a lot of time to think about how much the Fitbit had taken over my life when I woke up at 3 in the morning, aching from the severity of what I knew, from past experience, were shin splints. My mind is always whirring with schedules, deadlines, worries; on top of that, I realized, I had added a compulsive fretting about whatever number was showing up on my wrist. Not only would I not be able to run for several weeks while I rested my shins and did strengthening exercises; I was also going to have to lay off any heavy walking. So much for my brilliant weight-loss plan.

What exactly had come over me? I decided to ask a friend who knows pretty much everything, but also conveniently happens to specialize in studying people with compulsive behavior around exercise and dieting. “Your rewards system got hijacked,” said that friend, Joanna Steinglass, a professor of psychiatry at Columbia University. She explained that getting a clear reward every so often over the course



“Had we been in a relationship, Fitbit would have begged me for a little more space.”

of a day is particularly effective in shaping someone's behavior—in fact so effective that it can overrun the quest for more general, long-term rewards, like spending time with a loved one. Certain vulnerable people can find themselves quickly at the mercy of less-than-ideal goals. And they (meaning I) can form habits that can drive them to disaster.

In my case, with the disaster still throbbing in my legs, it was relatively simple to reset my rewards system: I took off my Fitbit and stuck it in a drawer. Three weeks and many meditative leg-strengthening exercises later, I was ready to start walking again. I had made peace with my Fitbit and forgiven its manipulative, compulsion-feeding behavior.

Yes, I know I need to take *some* responsibility: The Fitbit did not tell me to up my daily goal to 20,000 steps. It did not tell me to check my tracking page 17 times a day. It was there for me, but I made it my everything; had we been in a relationship, Fitbit would have begged me for a little more space (or probably just texted me that it was going on vacation for

some indeterminate time, but that maybe we could hang when it got back).

While I didn't go so far as to start wearing the Fitbit again, I was still grateful for much of what it had taught me. Instead of driving my children to soccer practice less than a mile away, we had started walking, and would never go back. In general, if we could walk to our destination easily instead of driving to it, we would—the Fitbit had changed not just my behavior, but my family culture, much for the better.

The key, I realized, is finding some happy balance between reevaluating old habits (sitting, driving) and a mindless devotion to counting and competing. There is something empty about the pleasure that comes from taking the easy way out. But depending on external signs of one's worth—whether it's the buzzing of a piece of plastic strapped to your wrist or a slew of “likes” on a Facebook posting—is just as hollow. It's all too easy to confuse the quantifiable with the worthwhile. Balance, contemplation, generosity: If only someone would come up with an electronic wrist tracker for those elusive goals.

Then again, gods of technology—please don't. **R**

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Apples

Take a seat, yogurt. This crunchy classic might be your new go-to for a healthy gut. One apple boasts 4 grams of fiber, which promotes the growth of the good bacteria that can help stave off weight gain and strengthen your immune system. Just be sure to eat the skin, too: It contains fiber and antioxidants that may lower your risk for certain cancers, like colon cancer, says Oakland, CA-based registered dietitian Marni Weinstock. How to fill up this fall:

GF IN A FRESH AUTUMN SALAD Toss chopped kale with a chopped tart apple (like a Pink Lady), half of a grated sweet potato, chopped pecans, and crumbled goat cheese. Drizzle with 1 Tbsp olive oil and lemon juice, then add salt and pepper to taste.

GF IN A PRETTY PINK APPLESAUCE Mix 3 lbs chopped red apples with 1 Tbsp butter, 2 tsp brown sugar, and 1 tsp lemon juice; add ¼ cup water and bake at 425°F for 40 minutes. Pulse in a food processor until nearly smooth; stir in dried cranberries. Use as a sweet-tart sauce for pork chops.

GF IN A RICH SOUP Sauté 2 cubed green apples, 1 cubed peeled butternut squash, 1 diced yellow onion, and 2 tsp ground fennel in 1 Tbsp coconut oil for 7 to 8 minutes. Add 5 cups chicken stock and simmer until ingredients are soft, 20 minutes. Stir in ¼ cup almond butter and blend until smooth; add salt and pepper to taste. No cream, yet so comforting. —Marygrace Taylor

HALLOWEEN CANDY YOU SHOULD EAT Pull the ol' plastic pumpkin over and treat yourself to these (relatively) guilt-free picks.

IF YOU LIKE FRUITY CANDY:

Smarties You get 15 pieces per 25-calorie roll, and because they're so sweet, one roll is all you need, says Lisa Young, Ph.D., author of *The Portion Teller Plan*.

Charms Blow Pop Unlike other sweets, it'll take you 10 minutes to polish off this 70-calorie sucker—instead of 10 seconds.

Skittles Fun Size The 80-calorie bag makes portion control a no-brainer.

IF YOU LIKE CHOCOLATE:

Kit Kat Snack Size The crunchy wafer inside is lighter than peanut butter or caramel, so a two-piece mini bar costs a mere 70 calories.

3 Musketeers Fun Size One piece is only 64 calories, thanks to the delicious fluffy filling.

York Peppermint Pattie Snack Size This dark chocolate treat is low in fat and just 60 calories. Plus, that "I brushed my teeth" minty aftertaste makes overdoing it less likely. —M.T.





NUTRITIOUS
WHEAT
— FOR THE —
ADULT
— YOU'VE —
GROWN INTO.



DELICIOUS
SWEET
— FOR THE —
KID
— YOU'LL —
NEVER OUTGROW.

FEED YOUR
— INNER —
KIDULT



Autumn's secret, slimming ingredient

Pumpkin has moved way beyond pie: Hungry Girl Lisa Lillien uses the versatile and guilt-free canned variety to cook up delicious meals and treats.

PURE PUMPKIN IN A CAN is one of my all-time favorite pantry items. In baked goods, it's a fantastic, low-calorie alternative to eggs and oil. In sauces or stews, it adds rich, creamy texture. And everywhere it goes, it brings filling fiber. (Hot tip: Don't mistake canned pure pumpkin for pumpkin pie filling, which is loaded with sugar!) Here are some of my favorite ways to use it.

 **SIGN UP** for Hungry Girl's free email newsletters at hungry-girl.com to get new recipes, tips, and tricks every day.



PUMPED-UP CHILI

This is what your chili was missing. Pumpkin makes it thicker, cozier, and more delicious.

- 1 28-oz can crushed tomatoes
- 1 15-oz can pure pumpkin
- 2 tsp chopped garlic
- ½ Tbsp cayenne pepper
- 1 tsp chili powder
- 1 tsp pumpkin pie spice
- ½ tsp ground cumin
- Kosher salt
- 1 15-oz can chili beans (not drained)
- 1 15-oz can black beans (drained and rinsed)
- 1 14.5-oz can diced tomatoes
- 2 cups chopped portobello mushrooms
- 1½ cups chopped zucchini
- 1½ cups chopped onion
- ½ cup canned diced green chiles

In a slow cooker, stir together the crushed tomatoes, pumpkin, garlic, spices, and ¼ tsp salt. Then mix in the beans, diced tomatoes, mushrooms, zucchini, onion, and green chiles. Cook on high for 3 to 4 hours or on low for 7 to 8 hours. Comfort-food perfection!

Makes 11 1-cup servings. Per serving:
131 cal, 1 g fat (0 g sat fat),
6.5 g protein, 25 g carb, 6.5 g fiber.

TRY THESE, TOO!



HG'S FAMOUS GROWING OATMEAL

A serving of ordinary oatmeal is small and sad, so I cook it my own special way: for twice as long and with double the liquid. It makes for a huge, low-calorie breakfast.

You will need: ½ cup old-fashioned oats, ¼ tsp cinnamon, ½ tsp vanilla extract, a dash of salt, ¾ cup fat-free milk, ¼ cup pure pumpkin

To make: In a pot, combine the oats, cinnamon, vanilla, and salt. Add the milk and pumpkin and bring to a boil. Reduce to a simmer and cook 12 to 15 minutes, until thick and creamy. Let cool until thickened.

Makes 1 serving. Per serving: 244 cal, 3 g fat (0.5 g sat fat), 12.5 g protein, 41.5 g carb, 6.5 g fiber.

TWO-INGREDIENT BROWNIES

This is my favorite use for canned pumpkin. I promise, all you'll taste is fudgy chocolate.

You will need: One 15-oz can pure pumpkin, 1 box devil's food cake mix

To make: Mix together—the batter will be thick, but don't add anything else! In a 9 x 13-in. pan sprayed with nonstick spray, bake at 400°F for about 18 minutes.

Makes 12 brownies. Per brownie: 181 cal, 3.5 g fat (1 g sat fat), 2 g protein, 37 g carb, 2 g fiber.



MEANS THIS RECIPE CAN BE PREPARED GLUTEN-FREE, BUT ALWAYS CHECK INGREDIENT LABELS.

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brain cancer

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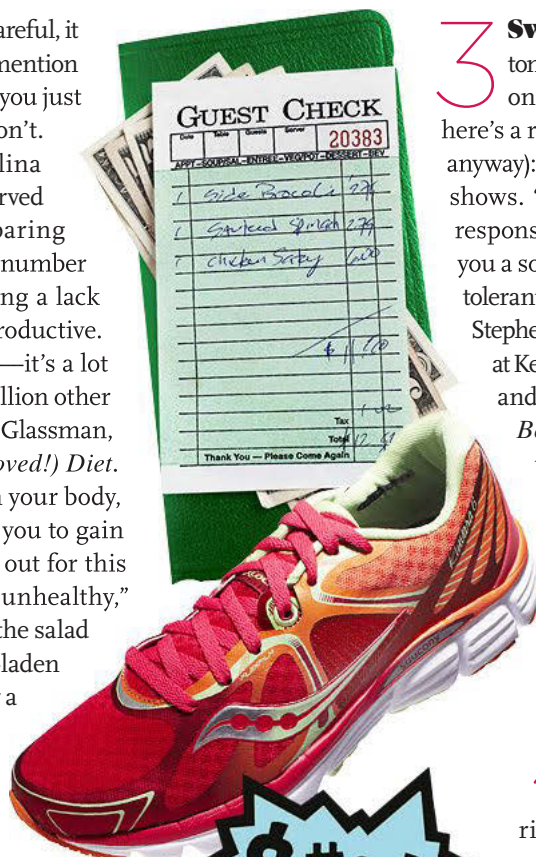
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Good health habits that feel deliciously wicked

Turns out, some of the stuff you've been avoiding could help you squash cravings, fight stress, and even live longer. Here, four "bad" practices you should adopt ASAP—and a few "good" habits you can break. BY MEGHAN RABBITT

1 Eating out Yes, if you're not careful, it can be really unhealthy, not to mention expensive. But on nights when you just *can't* with the cooking? Maybe don't. When researchers at North Carolina State University interviewed or observed 150 moms, they found that preparing dinner can be so stressful—for any number of reasons, the most common being a lack of time—that it's almost counterproductive. "Grocery shopping, prep, cooking—it's a lot to handle when we're juggling a million other tasks," says registered dietitian Keri Glassman, author of *The New You (and Improved!) Diet*. And the stress can wreak havoc on your body, triggering cravings, even causing you to gain weight. "I'm a huge fan of dining out for this reason, and it doesn't have to be unhealthy," Glassman says. Her strategy: Skip the salad (which is likely loaded with calorie-laden dressing and other extras) and order a veggie side as your starter, followed by another veggie side and a protein appetizer (which will help keep your portions in check) for your main course. And enjoy it. Because really, you deserve it.

2 Skipping workouts So you've finally gotten into a good routine. You're working out every day (or close to), and you feel great. Yay! Now, ditch the gym to see a movie with your girlfriends. "The best thing you can do for your body is give it a chance to recover between workouts," says Jimmy Minardi, a certified yoga teacher and personal trainer in New York City. Which means resting isn't a luxury—it's crucial. Taking time off not only helps your muscles repair and heal, it also gives you a much-needed mental break, which will help keep you fresh and inspired, adds Lacey Stone, a personal trainer and Flywheel instructor in Los Angeles. "When you're on a mission to transform your body, you have to give yourself that time," she says. "It's not slacking off at all."



3 Swearing If you've learned to bite your tongue even when you've stepped barefoot on a Lego for the *third time this week*, here's a reason to let it out (under your breath, anyway): Swearing can help lessen pain, a study shows. "Cursing triggers the fight-or-flight response, raising your heart rate and giving you a sort of machismo that makes you more tolerant to pain," says lead researcher Richard Stephens, Ph.D., senior lecturer in psychology at Keele University in Staffordshire, England, and author of *Black Sheep: The Hidden Benefits of Being Bad*. "We also know that it's an emotional language," he says, which means it may help you better manage stress. You know, for days when your coworker won't stop pushing her work onto you. Just keep your colorful language at a very low decibel and you're fine.

4 Drinking beer Go ahead and knock back a cold one! Research shows that beer is rich in a number of compounds and antioxidants that may help guard against cancer and cardiovascular disease and even protect brain health. In fact, in a 2013 study, people who consumed at least one beer a day had a 59 percent lower risk of developing Parkinson's disease than people who didn't drink at all. (Slinging back cocktails doesn't seem to have the same effect.) What's more, beer contains silicon, which supports stronger bones and better skin. "The key here is moderation. Moderate consumption of beer—which means no more than one every day—can be part of a healthy diet," says registered dietitian Joy Dubost, spokesperson for the Academy of Nutrition and Dietetics, who notes that having your beer in a bottle or can is an excellent way to control portions, too. "With wine or liquor, you never really know how much you're getting, and you often drink more than you realize," she says. (Guilty.)

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cranberries
and peanuts
walk into
a bar.



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Plus, three “good” habits you can break

1 Trying to catch up on sleep

A teething baby, work deadlines, *How to Get Away with Murder*: We know there are a million things keeping you up at night. And we get it—of course you want to stay in bed for an extra couple of hours on Saturday when you’re still reeling from the week. The problem is, it’ll only make you more tired, says Rachel Salas, M.D., assistant medical director for the Johns Hopkins Center for Sleep. “Going to bed and waking up at the same time every day helps you maintain a healthy circadian rhythm—which is the internal clock that helps you fall asleep, stay asleep, and wake up feeling refreshed,” she says. Mess with it too often and you could prime yourself for a sleep disorder. So aim to keep the same sleep schedule seven nights a week; snoozing from 11 p.m. to 7 a.m. is ideal for most of us, Salas says. If you’re feeling especially pooped, snag a 20-minute nap.

2 Going to CrossFit before the sun comes up

You probably feel like a rock star leaving for the gym before your neighbors are even awake (and you should—go you!), but if your workout of choice is something really intense, you may want to reconsider. Your body’s natural defenses are down in the morning, and your levels of the stress hormone cortisol are up, which may put you at greater risk for infection—especially after a vigorous workout, a British study shows. “While tough routines are great for you, they put a lot of stress on your body,” Stone says. Don’t think we’re letting you off the hook completely, though. If morning is the only time you’ve got, stick with it—just walk or bike instead, Stone says. Or use that time to pre-prep dinner so you can go hard at the gym later.



3 Brushing your teeth right after you eat

There’s nothing worse than discovering a rogue chia seed lodged between your teeth after a business meeting or a run-in with the “cool” moms. Isn’t that why you brush right after breakfast, lunch, and dinner? Well, no. Turns out, the American Dental Association says that it’s best to wait at least 30 minutes after a meal to brush. “Eating and drinking can temporarily weaken your enamel, especially if you’ve had something acidic like citrus fruit, coffee, red wine, or tomato sauce,” says dental hygienist Cherri Kading, an assistant professor at Texas A&M University’s Baylor College of Dentistry. “If you brush too soon—before your saliva has time to restore the enamel—you run the risk of scraping it away.” A good scrubbing may even drive acid into your teeth, according to a German study, where it could cause cavities. But as for the chia seed: You can floss once a day, whenever the heck you’d like. ❷

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Is losing the weight worth your life?

Americans spend about \$2 billion each year on weight-loss supplements, and at least 20 percent of women in this country have tried one. But there's very little anyone's doing to ensure they're safe. REDBOOK investigates.

BY LAURA BEIL

SAMONE SENEVORAVONG FIRST HEARD about OxyELITE Pro during the summer of 2013. She was 33 at the time, a busy single mother of two from Cleveland, trying to stay in shape and drop a few pounds. One day in June, Samone told her running buddy she was too tired to work out. Her friend gave her OxyELITE Pro, a weight-loss supplement she said would give Samone the energy she needed to push through it. "I felt like I had downed about three cups of coffee," she recalls. "And I thought, *This is great.*"

When she went to buy some at a major health store, the salesperson mentioned that one version of the product, which contained a stimulant called DMAA, had been recalled after the ingredient was believed to be linked to the deaths of four soldiers who collapsed during training. Samone wasn't worried; she assumed there was more to the story (and in fact, a Pentagon investigation couldn't find direct evidence that DMAA was responsible for those deaths). Plus, the new formula was different, the salesperson told her. "We agreed that the soldiers had probably misused it," Samone says. As long as she followed the package directions, she told herself, she would be fine.

With that purchase, Samone joined the roughly one in five women in the U.S. who have tried a weight-loss supplement, according to the National Institutes of Health Office of Dietary Supplements. But the illness that soon plagued Samone and other consumers reveals a troubling truth: This industry, which taps in to our weight-loss aspirations and includes OxyELITE Pro and hundreds of other supplements, is extremely difficult to regulate. The lack of well-enforced rules can put well-intentioned women at risk.

By law, dietary supplements can only contain ingredients that are already found in the food supply or can be extracted from nature without changing their chemical makeup. The chief ones in weight-loss products run the gamut from herbs you've heard of (like green tea extract) to nature's more unusual offerings (chitosan, which is derived from shellfish exoskeleton) to plain old caffeine. You can swallow them as capsules, reconstitute them from powders, chew them as candy, and brew them as teas. About the only thing they have in common is the

inspired

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promise that they'll help you slim down. They're marketed as fat burners, metabolism boosters, and appetite suppressors.

The manufacturers of weight-loss supplements say their products are meant to heighten the effects of diet and exercise, but many doctors believe they shrink little more than your wallet. "When you look at the evidence, there isn't much support for any of them," says Melinda Manore, Ph.D., of Oregon State University, who published a review of the research in 2012. It's one thing if a supplement is potentially useless; it's another if it's potentially *dangerous*. Some supplement companies are using ingredients that are untested, undisclosed on the labels, and just plain risky, according to Food and Drug Administration (FDA) reports.

These products exploit weaknesses in a system that's supposed to protect consumers. A law passed in 1994 puts supplements in the same camp as foods, not drugs—which allows them to bypass the rigorous testing that ensures medications are safe and effective *before* they hit shelves. Companies are required to notify the FDA only if they plan to market an ingredient that's never been used by the food or supplement industries, but not all of them do. Even if experts believed that weight-loss supplements work, "you don't know what's in them," says Tim Blood, a San Diego attorney who was involved in a class action lawsuit against the weight-loss product Hydroxycut. (The manufacturer settled for \$14 million in 2014, but didn't admit to any wrongdoing.)

The FDA attempts to ensure safety after supplements have hit the market, largely through random spot checks of shipments to distributors. That means operators who slip undisclosed ingredients or even prescription drugs into their products know the odds are in their favor that they won't get caught, says Pieter Cohen, M.D., a Harvard Medical School assistant professor who has built a reputation as a dietary supplement watchdog. "Just trying to find which ones are spiked with pharmaceuticals is a massive, complicated, inefficient undertaking," he says.

It's CONSUMERS who pay the price

In July 2013, about a month after she first took OxyELITE Pro, Samone started having abdominal pain. Then it was nausea, sweating, extreme fatigue. She always had an explanation: She had eaten something bad. She was frazzled. It never occurred to her that the pills might be contributing to her symptoms, and she was determined to lose weight, so she kept taking them. "I was in my 30s and healthy," she says. "I didn't think for a second that something might actually be wrong."

Thousands of miles away, people like her were also getting sick. On August 17, 2013, Marina Roytman, M.D., an internist at The Queen's Medical Center in Honolulu, admitted her fifth patient in four months for acute liver failure. Normally, she saw only a couple of cases a year. More puzzling, these five had seemed fine

until their hepatic function crashed. "It was serious," she says. "Two of them would have died without liver transplants."

The only thing Roytman's patients had in common: Each had taken OxyELITE Pro prior to getting sick. So in early September, she called the FDA to report her suspicions. To her dismay, she found that "it's not the easiest thing to contact the agency. You go through a bunch of messages and you have to keep saying that this is an emergency. Eventually, you do get to talk to a real person." Despite Roytman's attempts to convey that the situation was urgent, her calls were not returned.

Two weeks later, with the FDA still silent, The Queen's Medical Center doctors contacted the Hawaii State Department of Health. Within 24 hours, state officials reviewed the medical records and put out a health advisory. Finally, on November 9—two months after Roytman first tried to get through to the FDA—the agency announced that Dallas-based manufacturer USPlabs was voluntarily recalling OxyELITE Pro after it was found to contain a new, undeclared ingredient called aegeline. (The company's attorneys deny that it was new.) By then, the patient count in Hawaii had risen to 43, though the cause of the illnesses was still under investigation.

Back in Cleveland, Samone had landed in the ER too. After months of unexplained symptoms, one of her friends noticed that her eyes and skin had turned yellow—a classic sign of jaundice. Still, Samone showed up to her job at a market research firm. When coworkers also commented on it, she got scared. "I told my boss, 'I'm leaving early. I need to go to the hospital.'" There, a liver specialist quizzed Samone on everything she had done and eaten. "He Googled OxyELITE Pro and said, 'Do you know there's been a recall on this?'" Samone says. She thought he was talking about the first recall, and said she did. Then they checked the date and found that the new version had been recalled too, only days before. Samone listened in horror as the doctor told her how close she'd come to liver failure—and she hadn't even taken as much as the package recommended. "I still think, *If I'd followed those instructions, I could be dead.*"

RECALLS in the age of the Internet

When the FDA discovers a supplement with an illegal ingredient (usually during one of those random searches), the agency warns the public on its website and asks manufacturers and sellers to pull their inventory in a voluntary action. Often, they cooperate; sometimes, they don't. In 2010, Cohen, who is also an internist, started treating women who'd become sick after taking a weight-loss product called Pai You Gou.

It was supposed to be off the market, but his patients didn't know and kept buying it, he says. A study he conducted later revealed that at least two thirds of the weight-loss supplements that were recalled between 2009 and 2012 for containing drugs were still for sale by their manufacturers, and most of them hadn't changed their formulas.



Even if manufacturers *do* cooperate, consumers can't always count on stores to pull products from the shelves. "Getting the information to retailers quickly can be a challenge," says Daniel Fabricant, Ph.D., chief executive officer of the Natural Products Association, a trade organization that alerts members (including retailers) to tainted supplements. After all, a lot of shops may not have the manpower to cull the FDA's recall announcements.

Then there's the problem of the Web. Doctors in Hawaii were still finding places to buy OxyELITE Pro online nine months after the recall. Attorney Peter Hutt, who represents the manufacturer USPlabs, says company leaders wanted to comply with the recall—even though, he says, the people who became ill "had been sick for years," not suddenly after taking OxyELITE Pro. "But you can't send somebody around to visit every health-food store and gas station in the country," Hutt says, much less trace every Internet retailer. Even if you could, attorney Blood adds, they may simply list the product as "out of stock" instead of "off the market." A determined shopper will keep Googling until they find it somewhere else.

In written responses (officials declined our request for interviews), the FDA seemed to share those frustrations: "The network of distributors, wholesalers, and retailers of tainted products is diffuse and fragmented and they can be difficult to locate," they wrote us. "These individuals and businesses are often not registered with the FDA, operate out of residences, and distribute via the Internet, social media, small stores, and mail."

In fact, the FDA doesn't have accurate information for 20 percent of supplement companies, including manufacturers, according to an investigation by the Inspector General. Products are also created all over the world, out of sight of the FDA—a lesson Sainah Theodore of Queens, NY, learned the hard way.

In 2012, the then 26-year-old Army Reservist bought a supplement called Natural Lipo X from a locally owned health-food store. It was supposed to be no more than an herbal blend that would help burn fat, but within days of taking the green capsules, Sainah began suffering from insomnia, eventually falling into a psychosis that, among other things, caused her to cut up her mattress and pillows. "My family was so frightened," she remembers. Sainah was admitted to a psychiatric ward, where she slept for almost 24 hours before waking up confused and embarrassed. A lawsuit she filed against the store says the product contained two illegal stimulants. Going after the shop was her only recourse—she found it nearly impossible to determine who had manufactured the pills themselves. Eventually, her lawyers traced them to a company in China.

Making the **SMART** choice

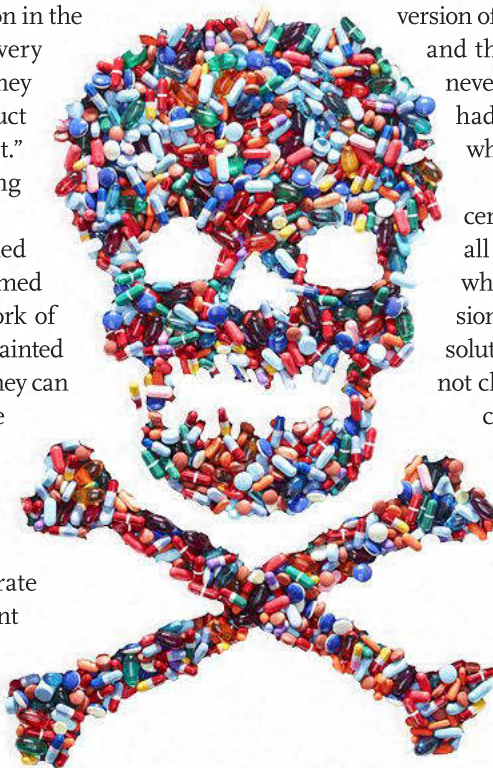
Years after OxyELITE Pro and Natural Lipo X made headlines, the landscape is largely the same. For consumers who remain undeterred by the potential dangers, Sainah's attorney Marc Ullman suggests checking the label for a domestic address, as well as a "supplement facts" box, before making a purchase. If either is missing, "it's clear the company doesn't care enough to comply with the most basic guidelines," he says.

Neither the packaging nor the regulations currently in place were enough to protect Samone and others. The makers of OxyELITE Pro are based in Texas, and aegeline—the ingredient that gave the FDA the means to act quickly—was discovered only after people started filling ERs, not in a random check of inventory. (USPlabs says it's a safe, synthetic version of a compound found in an Asian tree, and the exact source of the illnesses *was* never found. At press time, the company had settled with several plaintiffs for what Hutt calls "nuisance value.")

While industry officials are concerned that fraudulent companies give all supplements a bad name, Fabricant, who is a former head of the FDA division of dietary supplements, believes the solution is better enforcement of the law, not changing it entirely. The government could focus on bringing swift criminal action against manufacturers in the form of misdemeanor charges, which move faster through the courts than felonies, he says. He also points out that no CEO wants a conviction, big or small, on his or her company's record.

Still, consumer advocates feel that weight-loss supplements, like medications, should be tested before they hit the market. "Even natural ingredients can be harmful," says Victor Navarro, M.D., chair of hepatology at Einstein Healthcare Network in Philadelphia, where he studies cases of liver damage linked to supplements. "At this point, there's often not enough science to determine why injury occurs or what these ingredients do inside the body." This means if you choose to buy them, you do so at your own risk.

Samone is done with that kind of gamble. She spent a week and a half in the hospital in 2013, awaiting the results of a biopsy of her liver. When doctors told her she wouldn't need a transplant, "it was a huge relief," she says, though she admits the experience has changed her. Once a social drinker, she's now a teetotaler. And while she's still trying to lose a little weight—with just exercise and eating sensibly now—she tells her friends to avoid the lure of shortcuts. Her advice for women could be a call to the industry, too: "Do it the right way." **R**



5 healthy, happy, easy changes

2

The number of minutes you should walk per hour—no matter how chained to your desk you feel. In a recent study, people who moved that much were 33 percent less likely to die of any cause. It's simple: "Sitting requires very little energy, so excess calories you consume aren't burned off—they're stored as fat," says researcher Robin Marcus, Ph.D., of the University of Utah. "This sets off a chain reaction that can lead to a number of conditions, including high blood pressure." The good news: On top of regular exercise, a trip to the water cooler can torch hundreds of extra calories a week—and might just save your life.

THE MOST FUN WAY TO EAT LESS

Ever notice how much your guy can eat? It's crazy. That's a great reason to (sometimes) leave him at home and go out with a girlfriend instead. Research shows that people put down their forks sooner when dining with a light eater. "We think that people mimic the behavior of others—when your companion takes a bite, you take a bite," says Lenny Vartanian, Ph.D., of the University of New South Wales in Sydney. And when they stop, you stop. Don't leave hungry—but do leave with leftovers.

HAVE A HEAPING BOWL OF VEGGIES

As the temps drop, it can be tempting to lock yourself inside with some junk food, but know this: A British study suggests that our immune systems ramp up during the colder months, creating inflammation that can help fight off winter bugs. That's good, but too much inflammation can raise your risk for autoimmune diseases like type 1 diabetes and even preventable conditions like heart disease, says Jessica Dunne, Ph.D., director of discovery research for JDRF, the diabetes group that funded the study. It may help explain the seasonal spike in those illnesses. So recommit to a healthy lifestyle, starting now—eat well, and find a way to get some exercise.



Tweet for cancer research



It's never been easier to support the cause. Starting October 1, for every unique tweet or 'gram using #BCAStrength, the Estée Lauder Companies will donate \$25 to fund a half-hour of breast cancer research through the Breast Cancer Research Foundation, up to \$25,000. That's a lot of (wo)man-hours! For even more ways to take action, visit BCAcampaign.com.

HAVE ALL THE INFO AT THE DOCTOR'S OFFICE

Since we know you're the family nurse, here's a new tool for your medical kit: the Vicks SmartTemp thermometer. It uses Bluetooth technology to take temperatures and neatly store them in a graph on your phone. You can even add notes about symptoms and export everything via email, since it takes a village to remember all that. \$24.99; drugstore.com.



midday escape



share how you make a moment
sparkle [#mysparklemoment](#)

Hint of natural flavor.
Unsweetered, zero calories.

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DASANI
sparkling

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keep your dog healthy and active at every stage of life.
So you can always look forward to what's next.

IAMS®

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red

LIFE

PHOTOGRAPHED BY The Voorhes

The quickest way to confidence

It's telling yourself, *I can do this*. Sure, it sounds cheesy, but repeating positive phrases can give you the upper hand in stressful situations, according to a recent study published in the *Personality and Social Psychology Bulletin*. It works because "you're distracting yourself from negative thoughts that usually mess with your confidence," says lead researcher Sonia Kang, Ph.D. So you just might get that overdue raise (more details on page 136) or find yourself tackling your day with newfound self-assurance. For inspiring stories on doing just that, turn the page.



UNLOCK YOUR STRENGTH

Every day, everywhere, women do incredible things, but many of us also feel *too* uncertain, apologize *too* much, try *too* hard to be liked. If that sounds like you, give yourself a confidence makeover with the help of the essays on these pages. You are amazing—it's time to let it show.

PHOTOGRAPHED BY THE VOORHES

THE GOOD GIRL'S GUIDE TO GETTING WHAT YOU WANT

BY HODA KOTB

WE ALL WANT TO BE LIKED and known for being kind to others. So is being a people-pleaser bad? I say no... and yes. If making sacrifices to please family, friends, and lovers brings *you* happiness, that's good. But when the people are ones you know only casually or are strangers, that's when it gets weird. I know, because that used to be me.

One memorable example happened when I was a newscaster in New Orleans in 1993. I was getting my hair blown out for work, and within minutes, I could tell that the stylist was so high he was almost falling down. In my head I was yelling, *Why are you still sitting here?* And yet I let him finish—my hair looked blown up, not blown out—because I was worried about offending him.

Now, I take some comfort in knowing

I'm not alone. After talking with friends and my sister about this phenomenon, I realize there's a lot of this crazy-making behavior flying around. Two confessions that struck a chord with me:

KAREN: "If I order chicken but get steak, I'll eat it. If I order a steak well-done and it's rare, I'll just eat the ends. Once, I asked to have pink, rubbery chicken recooked, and the restaurant owner was

indignant. She asked if I wanted another meal, which I did. She charged me for both—and I paid the bill!"

JANE: "My passport expired, so I went to get a new picture taken at the drug-store. It looked like a mug shot—*terrible*. But I didn't want to put out the Walgreens guy and ask him to retake it, so now I have to look at a hideous photo of myself for the next decade."



THE DAY I LEARNED TO BELIEVE IN MYSELF

BY MIRA JACOB

HERE'S A THEORY I've been kicking around a lot lately: Sometimes, life gifts you an experience so humiliating that you've got nothing left to do but brave up and take care of yourself.

I'm serious. And not Oprah Winfrey-serious, or Deepak Chopra-serious, but skeptical-lady-who-would-rather-swallow-a-bag-of-lemons-than-suggest-that-you-turn-them-into-lemonade-serious. To be clear, I'm not talking about humiliations we can file under "comedic"—those toilet-paper-streaming-from-your-heel episodes. Nor am I referring to anything in which your mental or physical safety is compromised, though of course I believe people can and do recover from those, too. What I am referring to is that more subtle disgrace—a dressing down from your boss, a laugh at your expense from coworkers, a pitying assessment from your mother-in-law—that dismantles your self-esteem so expertly, it's all you can do to watch in awe and horror.

For me, the most memorable of these moments arrived when I was a graduate student in fiction. I was trying to "make it" as a writer by writing all the time, reading occasional pieces aloud to strangers, and getting published almost never. I was meeting with a similarly struggling writer to discuss my short stories. While Bob (name changed, to protect Bob) and I hadn't actually read each other's work yet, just the week before he had attended a reading I'd given, where I'd delivered a story to a crowd of writers, readers, agents, and editors. The night had gone well (reasonable applause and interest afterward from two agents), but Bob's reaction had been unnerving. For one, he listened to my entire piece with an expression I usually reserve for people ejecting ➤

There have been times when my own people-pleasing ways cropped up during more serious interactions. When I was 42, I began dating a guy who was quite cute but swore a lot—and I find excessive cursing unattractive. Still, I kept dating him and even went to a boxing match with him. I despise boxing! Looking back, I see my pleasing with Potty Mouth as a subconscious way of avoiding another relationship failure. On the other side of 40, with a divorce under my belt, my mental mantra regarding relationships was: *This can't not work*. So I stuffed my displeasure down because I didn't want to rock the boat.

And that's the thing about people-pleasing: It's a way to keep the peace or offer relief in uncomfortable situations. We are nervous that if we're not agreeable, we'll seem like mean girls. So we smile and say "Yes!" and "Of course!" But repeatedly silencing the voice in your head that's begging to be heard can be frustrating and disheartening. If I could tell my 30-year-old self sitting in that stylist's chair one thing, I'd say, "You need to stop. You won't be able to quit people-pleasing cold turkey, but you *can* get better at it."

I've made some progress, and I credit two things: cancer and age. At 43, I was diagnosed with breast cancer. That life-changing challenge reset my brain and made me worry less about daily minutiae, including *Do people like me?* Plus, turning 51 has added experience to that reset, which gives me the confidence to stop caring about a wide net of approval. I've realized that we can unleash that voice of truth in our heads, but first, we should send it to charm school. Here's what I mean.

Your server at a restaurant brings you the wrong order.

The old pleaser: "I'll eat it. It's fine."

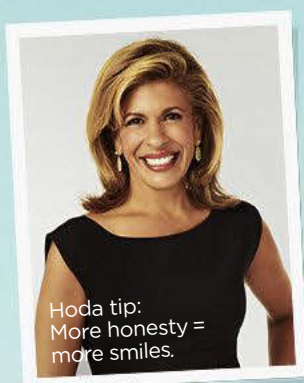
The new pleaser: "Wow! That Greek salad looks amazing, but I actually ordered the Cobb." The server laughs and you get what you ordered.

Your guy says he wants to have dinner at a new, hip restaurant, but you've had the day from hell and are exhausted.

The old pleaser: "Sure! Let me put on my heels."

The new pleaser: "Honey, there's nothing I want more than to spend the evening with you, but how about we cozy up at home, order in, and watch a movie?" The truth is that he really just wants to be *anyplace* with you—the happy, relaxed version of you.

Once you can say your piece in a way that keeps the peace, you're winning. Something else I've learned: Both my



“We are nervous that if we're not agreeable, we'll seem like mean girls.”

Today show cohost, Kathie Lee, and my assistant, Kathy, who are a little older and a lot wiser than I am, promise me that the urge to please gets duller with each passing year. A colleague told me about a family dinner where an in-law was sharing details of her fantastic vacation, the fabulous venues and food... and on and on. Finally, the 80-year-old grandmother looked up, put down her fork, and said, "Boring, boring, boring." Everyone erupted in laughter because she was willing to say what they all were thinking.

So maybe in 30 years, I won't care whether you like what I wrote here. But, I gotta say, today I really do—not just because I want you to like me, but because I want you to like *yourself* even more.

bodily fluids on public transportation. For another, he'd run out of the room without saying a word after I'd finished, then called me three days later to say we should really talk. Finally, two days after that (days I spent constantly flinching in anticipation), Bob arrived at my house.

"It was problematic on many levels," he said as we sat in my living room. I nodded because that was an important thing for a writer to be able to do, to take the criticism about one's work on many levels.

"It just wasn't original at all. Everything you wrote about has been written about before, and better, you know?" Oh boy, did I know. I had worried as much. I kept nodding and he kept talking.

"The other thing is that you had no perfect sentences at all. None. I know; I listened for them. I mean..." and here he sighed, letting me know he'd reached his limit for tiptoeing around the obvious. "Look, if you really want to be a writer, then obviously you should keep trying. But I wouldn't get my hopes up."

The good news was, at that moment, I wasn't in danger of getting my hopes up at all. In fact, I was paralyzed by a wave of shame so deep it was making it hard to hear. What he was saying was true: Everything I'd ever written had been written about before, and better. I was just a grad student, and it was going to take me years to hone my skill. But then, as he went on to tell me how I needed to write ("Start with one perfect sentence and do not let yourself move on until you have



“Even the most assured of us can get waylaid by a single negative voice.”

another”), something funny happened. A question bubbled up from some subterranean, primal, lizard-brained place in me.

"But who are *you*, really?" I surprised us both by asking. I can tell you how the rest of the night developed—how Bob was insulted and insisted I was being defensive (I was) and that he was just trying to help (unlikely)—but that is the predictable part. What wasn't predictable to me, what still strikes me as extraordinarily lucky all these years later, is how much that moment would change me, as I moved from being unsure to curious to proud of defending myself.

Why is it that we women are so quick to believe the worst about ourselves? This is a serious question. Is there a biological reason for it, some part of our survival as a species that's hitched to giving airtime to the less-than-charitable assessments of others? Most of my women friends feel pretty good in the self-esteem department, yet even the most assured of

us can get waylaid by a single negative voice. Maybe it's the friend who says you're too old to wear that outfit, or the sister-in-law who comments on your parenting skills, or the coworker who insinuates that you're not good at your job. Somehow, the fact that it's coming from the outside gives the negative voice a ring of authority, no matter how well we've done with our hemlines, parenting, or productivity. And for good reason. The voices of others are the very same that collectively form us and socialize us. As humans, we've learned from a young age to take the social cues they provide very seriously. We see other people's criticisms of us as an objective reflection—what we might tell ourselves if we could get that kind of perspective. Advice we ignore at our own peril.

It seems to me that at some point, while most boys are told that manhood comes with an ability to assert the value of your own opinion over others' when necessary, very few girls are taught the same thing about womanhood. If we're lucky, we learned to speak up for ourselves when we entered the workforce and supported ourselves and had families. Even so, for many of us, saying what we really think as adults can be surrounded by a thick layer of insecurity. ➤



But there are bigger disasters than feeling good about ourselves, and one of them looks a lot like letting someone else erode our self-esteem and limit our possibilities. That is what happens every time we let the most unkind voices dominate our own. *Here*, we say, handing them our best parts. *You go ahead and do whatever you want with this, because I obviously cannot be trusted.* Unless, of course, you've just been gifted one of the best humiliations of your young life.

The truth? I love thinking about that night with Bob now, and not just because I went ahead and became a writer or because I published a novel (*The Sleepwalker's Guide to Dancing*), but because that moment—that ego-bubbling-up-from-someplace moment—taught me something I now use like a tool when I am feeling undermined or thwarted or scared. It taught me that other people's opinions are just that. Their take. Their views. And while they can be varying

levels of kind or unkind, helpful or unhelpful, they are not inherently more valuable than my own. These days, when I hear things that hit my softest spots, I know I'm allowed to keep them at a distance while I assess. How much will I take in? How much will I push away? That's mine to figure out.

"No one can make you feel inferior without your consent," Eleanor Roosevelt once said, and while she clearly never had a cat for a pet, I really think she's on to something. I don't doubt that Bob would probably still hate every last bit of my writing. Writing is subjective, after all, and he's got a right to his opinion. It's my right, however, to ignore Bob and get to writing my next book. So go ahead, think back to all those negative voices. Parse anything that is genuinely helpful, and don't feel even the tiniest bit guilty about ejecting the rest into the bland atmosphere of irrelevance. Think of it as a gift.

SORRY, BUT I'M NOT SORRY

BY ADDIE MORFOOT

IN A SINGLE WEEK RECENTLY, I apologized 47 times. I was actually sorry 12 of those times (I forgot to hold the door for a stranger, and I cursed, more than once, in front of my 4-year-old). The rest of my "I'm sorry"s? They were a reflex, born of a need to maintain harmony as well as a deep-seated desire to be polite and prevent disappointment. But what does that really accomplish? Here are a few times I realized I *shouldn't* have apologized:

FOR A TOTALLY NONCONTROVERSIAL OPINION

When my mother-in-law asked if I liked her new pink and gold tote, I thought about lying. She was obviously thrilled. Who cared if I thought it was gaudy? But when she said she was going to buy me the exact same one, I softened my opinion: "Sorry, but I don't like pink totes." Letting other people down scares me more than letting myself down, but if the offer presents itself again (my mother-in-law does like to repeat herself), I can be kind without being apologetic: "That's so nice of you, but I don't like pink totes."

INSTEAD OF SAYING "EXCUSE ME" At the grocery store, I loaded milk, Twizzlers, and Windex onto the conveyor belt and waited to be checked out by the cashier,

who was on his cell phone. Then I waited some more. "Hello?" I said in his direction. Nothing. So I faked a cough and said "hello" again. His eyes met mine. "Sorry, but um," I said, glancing down at my groceries.

"You got an awards card?" he barked.

"Oh!" I said. "I forgot to take it out. Sorry!"

I was just trying to get his attention! Then I was flustered, so I apologized for *that*. Simply saying, "Excuse me, I need to check out," would have worked just fine.

FOR NEEDING HELP When an IT guy helped me with an email glitch and then that glitch reappeared, I was frustrated—but that didn't stop me from apologizing. "Sorry, but my email that you just fixed? It's messed up again," I said. "Can you help me again? Sorry." I think I felt like being apologetic would get it done more quickly, but it really only made me feel more powerless. Next time (you know there'll be one), I'll be polite. "My email isn't working again. Could you please fix it?" But there will be no apologies because, news flash, I didn't invent Outlook.

WHEN I WANTED MONEY I'm a professional writer, but you know what I do?



“I don’t actually need to apologize in order to be polite.”

I take assignments and then wait for a check. Never do I ask what I'm getting paid, or negotiate for more. When a payment arrived and it was really low, I got mad—at myself. So when I received another assignment, I emailed, "Sorry to ask, but how much do you think I might be getting paid for this story?" When I hit send, I was so uncomfortable that I cringed and then ate a day-old doughnut for comfort. I asked a few men if they have ever included a "sorry" in a money/work situation. All three gave me a hearty laugh. My mother and my best friend (a female lawyer), on the other ➤

hand, understood. Recently, though, when an assignment came my way from a different client, I told my editor how much I deserved. Guess what? I got it.

OUT OF GUILT I work. I need to work. I like to work, but I feel guilty when work takes me away from my son, Harry. Hence my “Sorry, but Mommy has to go to work.” What kind of message is *that*?! I want him to know that I’m proud of my work, and that it’s important to our family. So after realizing I had apologized to him two days in one week, the next time Harry said he wanted me and not the babysitter,

I told him, “Mommy has to work. It’s a good thing. I love you and I’ll be back tonight to read a story before bed.”

FOR DOING WHAT I NEED TO DO Here’s what I said to my husband when my boss asked me to attend and write about a movie premiere that would run well past midnight: “I’m really sorry, but I need you to take care of Harry tonight because I have to work.” I know why I do this, and it’s because of money. I make less than my husband. He works longer hours. So part of me feels like I’m putting him out when he has to

take care of our child on his own. But I don’t truly believe it’s a nuisance for him to do that—and neither does he—so I need to stop bringing it up and making it a thing. Next time work takes me to some glamorous event? “I have to work tonight. I hope you and Harry have fun!”

So what I have learned? One, I don’t actually need to apologize in order to be polite. Two, it feels a lot better to be assertive than powerless. Three, constantly apologizing sends our brain the message that we’re in the wrong all the time. I *know* that’s not true—and so do you.

CONFESSIONS OF AN OVER-CRIER

BY LISA FREEDMAN

IT WAS 11 O’CLOCK ON A SUNDAY MORNING and the Apple store was packed. I sat at the Genius Bar and took stock of my fellow support-seekers: Some people looked satisfied, some looked ticked, and then there was me. I seemed to be the only one in the room on the verge of crying. My laptop and I had come in for what I thought would be an easy fix, but now? Now I felt a hot headache of tears behind my eyes. So when the Genius said, “We’re going to have to keep it overnight—possibly for the week,” that was it. My lip literally started quivering, and the tears fell in streams down my cheeks. So many tears. *Pull it together*, I told myself, but that’s hard to do when you are gasping for breath between sobs. My Genius was horrified.

I’m a crier. I’ve cried at times you’ve cried: at sad movies and happy weddings and after someone’s been mean. But I’ve also cried while getting praise for a job well done and when my to-do list has gotten too long. I carry tissues and backup eye makeup with me everywhere, and I’m ashamed of it. “Sorry, I’m a crier,” I find myself saying to strangers, and then I cry some more over how pathetic I sound.

Studies show that when men cry, they are viewed sympathetically (if a guy is crying, it must be something really important!), while women are often seen as dramatic, irrational, or manipulative. While Sheryl Sandberg, Facebook’s COO, says in her best-selling book *Lean In* that it’s okay to cry at work because she believes “sharing emotions builds deeper relationships,” my experience is somewhat different. Not long after the Apple store incident, I found myself crying in my manager’s office. She looked at me sternly and said, “This cannot keep happening.” To her—and to my colleagues—I ►





To do

- ~~grocery store~~
- take the dog to vet friday
- * Kids need new uniforms - order!
- ✓ send email to Jess + team
- ☐ Call Heather
- Make-up soccer game - 3:30 Sat.
- * Flower show Saturday Night ✓
- ↳ Babysitter? Jen?

⇒ Call gutter cleaner! Rick G.

After school night - Tuesday 20th @ 6:30 PM

- * Order Shower invites 2
- ~~(Call Sheri for guest list)~~

To Dry Cleaners:

- Suits
- dress
- Coats

→ Lunch duty Schedules

↳ email out by Wednesday

*The perfectly simple snack
for your perfectly complex life.*



PROTEIN RICH



200 CALORIES OR LESS



GLUTEN FREE

Find your favorite flavor at PerfectlySimpleBars.com.

SNACK GOOD. FEEL GOODER.

looked weak and unprofessional. At this point in my life, I can't afford not to be taken seriously. And crying doesn't even make me feel better in that cathartic, exhausted, happy-in-my-puddle kind of way. I'm not alone: A 2011 study on women found that only 30 percent said their mood improved after crying.

Thus, I decided I needed to dry the heck up. First, I spoke with Jodi J. De Luca, Ph.D., a licensed clinical psychologist and neuropsychologist in Boulder, CO, who has done extensive work with tears and emotion. We ruled out any signs of depression, then she performed a short personality assessment: "You are a high achiever, passionate, and expect the best from yourself. That said, you become overwhelmed when your orderly world and schedule are knocked off-line." I liked her explanation a lot more than the one I got from Ad Vingerhoets, Ph.D., one of the leading experts on crying and a professor of clinical psychology at the Netherlands's Tilburg University. In the nicest way possible, he said, "You may just be more neurotic than other people." I'm not saying the man is wrong, but I know there's more to it. "When you have a lot of complicated emotions happening at once—surprise, frustration, anger—it can be hard to cope. That leads to tears," said Stephanie



“I’m someone who can solve my own problems—I have a confidence I didn’t have before.”

Shields, Ph.D., a professor of psychology and women's studies at Penn State University.

To get out in front of the waterworks, Shields said I should try not to take things personally by reminding myself that most of these situations aren't about me. Even at the office, it's just business. "But you have to really believe it in order for this to work," she says. I almost sobbed at how impossible that sounded. De Luca offered a couple of other tips that gave me a bit more hope. She recommended that I excuse myself and leave the scene of the perceived threat when I feel tears coming, which I could see working—sometimes. It was her other tip, though, that seemed the most doable (and fun): "Focus on an object in the room with letters, and use each letter to form another word." Take an EXIT sign, for example. E would be for *excellent*; X would be for *X-ray*, and so on. "This distraction

FREEDMAN: COURTESY OF SUBJECT.



essentially interrupts the overall experience of emotion," she said.

Soon after, I checked my email and found the kind of message that makes me glad the Internet was invented, because at least I'm not crying in front of the person who emailed me. My husband and I were moving and our landlord wouldn't let us out of our lease early. "This isn't personal," I told myself with an utter lack of conviction. But instead of letting my eyes well up at my desk, I got up and made myself a cup of coffee. I said to myself, "C is for *cavities*. O is for *overreacting*." Minutes later, I got back on the computer to write a levelheaded response. Success! No tears! After gloating to myself for a moment, I had to wonder: *If I keep it together but no one is around to see me, does it count?*

Over the next week, I had more public challenges. A guy got extra-pushy on the subway, and a friend called me out for not making enough effort to meet her new baby. In both cases, I was determined not to bawl. The first time I was successful. (I stared at the train's ceiling, telling myself that this guy had had a crappy day and his bad attitude had nothing to do with me.) The second time? Well. My friend's comments surprised and hurt me, and I didn't know how to respond. I couldn't help but tear up a little while I tried to defend myself. Still, it was progress: I managed to ignore the jerk I didn't know, but people who are important to me can still make me cry. And that's okay.

The ultimate test came at the end of the month. It was moving day, and *please*, I've been known to break down when I have to get a new debit card, much less pack up my entire life. The move itself was more of a weight off my chest than a reason to cry. But unpacking was bad. A few items had broken, things weren't fitting where they were supposed to, and our new curtains were too short, though I'd measured and been *sure*. I felt the tears coming, then I thought about what De Luca had said about my desire for things to go as planned and what Shields had said about crying when we can't cope. No, the move wasn't going as well as I'd hoped. But I shook off my tremulousness and began by packing up the ill-fitting curtains to be returned. Getting back to work was a distraction, a solution, and a surprising cure. I didn't cry. I handled it.

I now have curtains that fit, and some plugs for my pipeline of tears. I don't fool myself that my crying is over completely; there are still people whose opinions matter a lot to me, and I think we all reserve the right to cry after a bad day. But that's the difference: I know what sets me off, and that gives me perspective. I have a confidence I didn't have before—I'm someone who can solve my own problems, something I didn't even realize I hadn't been doing.

I'll be honest: I used up about half a box of tissues as I wrote that, but I'm okay with those tears. I earned them. **®**



This Halloween get into the Chocolate, Caramel and Nougat.

HOW TO CALM YOUR MONEY WORRIES

Does thinking about your finances give you a major headache—maybe because you’ve been banging your head against a wall? Put down the Tylenol and take a deep breath, friend. These six money mantras, given to us by top finance gurus, will help you feel better about your daily money dealings, and you’ll save more, too. Repeat after us...

BY KATE ROCKWOOD
ILLUSTRATIONS BY ANDREA DE SANTIS

SAVING FEELS BETTER THAN SPENDING

► This is the mantra you need if you’re about to make an impulse buy, and also anytime you’re depositing cash into your bank account. Because—true fact—adding dollars to your balance really can feel just as good as, if not better than, spending them. “When you treat saving money like a chore, of course it will feel stressful and boring,” says Ryan Howell, Ph.D., an associate professor of psychology at San Francisco State University and cofounder of beyondthepurchase.org, a site that studies the psychology of spending. But if you can mentally connect the act of saving to a tangible, delightful goal (like a family vacation or a down payment on a home), you may experience a dopamine-releasing rush in your brain that’s just as potent as purchasing

that cute-but-impractical top on sale at the store. “Try putting a photo of the thing you’re saving up for in your wallet,” says Jeremy Shapiro, Ph.D., a clinical psychologist with a specialty in money. When you reach for your credit card, you’ll see that shot of Hawaii (or whatever your personal goal is), remember your mantra, and *want* to save that 20 bucks. See if you can rename a savings account in honor of your objective; many banks make this simple. “Disney in 2016” has a more motivating ring to it than “Savings,” don’t you think? While you’re at it, try smiling whenever you make a deposit. Yes, *literally*. Research suggests that the act of smiling can help trigger positive emotional feelings, so you may trick your brain into feeling better about saving your money—or just make banking in general feel a wee bit more joyful.

PLANNING FOR RETIREMENT IS NOT A SPRINT

► Even Zen masters break into a sweat when they hear the words *Roth IRA*, but there’s no need to panic. “The truth is, saving for your golden years is a marathon,” says Deena Katz, a certified financial



planner, professor of personal-finance planning at Texas Tech University, and founding partner of Evensky & Katz/Foldes Financial Wealth Management. Remember: The balance you see in your 401(k) today is *not* the one you'll see in the next 10, 20, or 30 years, and you can help it grow. As the old Chinese proverb says, "The best time to plant a tree was 20 years ago. The second-best time is today." That's a good way to think about retirement. "The magic of compounding interest gives you a big advantage," Katz says. Let's say you're 30, and you scrimp together \$100 a month for retirement. If you stay at that rate, you'll have put aside \$42,000 by age 65—but your balance will be about \$180,000, thanks to all the interest. At 40, you may need to pick up the pace, but you've still got plenty of road to amass more. The key is not to backtrack by borrowing from your 401(k). You'll lose serious earning potential—and may get hit with hefty fees and penalties if you default. Recent research estimates that 401(k) defaults add up to \$6 billion annually, according to the Pension Research Council of the Wharton School. If you're tempted to cash out your IRA for a down payment, remember your mantra and hold strong: Your retirement fund is sacred. Treating this kind of savings as a marathon will spare you the panic of sprinting to the finish line later.

MY SPENDING DECISIONS ARE UP TO ME

Your best friend invites you to a pricey restaurant and you dread telling her you should eat in this week. Or your coworker comes to the office in a hot pair of boots and now you feel schlumpy in your year-old flats. If other people's little extravagances have you feeling like a financial failure, remember this: You probably don't even know if your friends are wealthier or better at money management than you. "So often, the super-well-dressed person with the great car comes to see me and they have nothing," says Manisha Thakor, a chartered financial analyst and director of wealth strategies for women at the investment company Buckingham and the BAM Alliance, a community of independent registered investment advisers. "At every income, 70 to 80 percent of people are stressed about money." You're only seeing the surface of your friend's finances, and you have *no idea* what credit card debt or depleted savings might lurk beneath. So don't let others dictate your spending. And don't stay quiet: "If you have the courage to say, 'I can't afford this,' you may be a hero," says Thakor. "Because I bet some of your friends can't either, but no one wants to

admit it." Keeping your eye only on your own budget will make you more confident in your daily spending choices. When it comes to personal finances, how you spend or save is just that: personal.

MY MONEY SHOULD WORK JUST AS HARD AS I DO

Bringing home the bacon (and the eggs, and the milk) isn't easy—you put in long hours for that cash. So why fritter it away on a sweater you only kinda-sorta like or another pair of \$20 headphones? If money feels like it's slipping through your fingers, set some ground rules for yourself and vow to buy only things that are worthy of you. "When deciding how to spend, measure each purchase against a very personal yardstick: your time and energy," says Thakor. Think about how long it takes you to earn \$20. (If you make \$40,000 a year, that's about an hour of labor.) Now, the next time you see that on-sale sweater that's "only" \$40, ask yourself, *Is this worth two hours of my time? Will this sweater work just as hard to keep me warm and happy as I worked to earn the money for it?* "This mind-set eases anxiety and helps you feel in control of your money," says Thakor. "Instead of conjuring



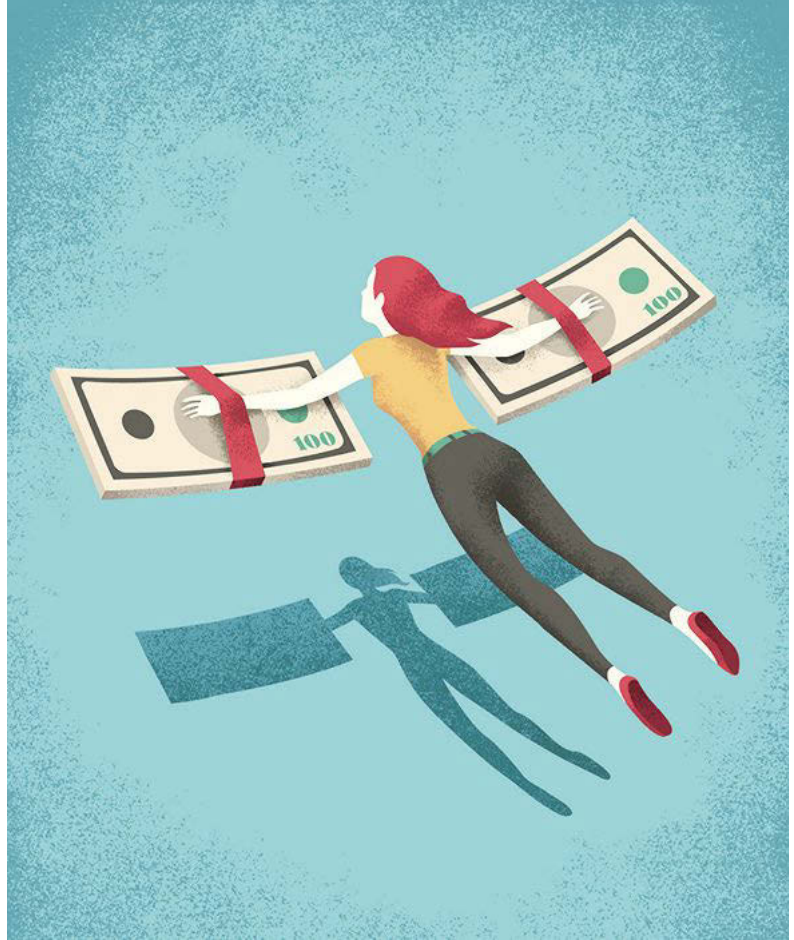
up feelings of self-denial when you opt out of a purchase, you'll feel empowered." Plus, a study in the *Journal of Consumer Research* suggests that shoppers get their biggest mood boost *before* they hit the checkout, so you might leave the store feeling good even without a bag in your hand. Putting your money to work can also mean hiring someone to help you clear a financial hurdle. If you tend to back away from daunting tasks like refinancing or investing, you may need an extra push from someone else. "Doing nothing carries its own risks," says Katz. You've worked too hard for that cash to have it sit idle; when you invest it, your money starts pulling its own weight. Never hired a pro? Search NAPFA.org for a certified financial planner. "The less you have, the *more* help a planner can be," says Katz. She'll look at your whole situation (rather than only your investment portfolio).

**I DON'T
HAVE TO HAVE
ALL THE
ANSWERS—
I CAN
LEARN THEM**

Trust us—the average person on the street can't tell you what "earnings per share" means, and everyone gets upset about money once in a while. You are just as capable of handling stressful money situations as those people in the next house over. All you need is a little calm and know-how, and in many cases experience is the best teacher. Let's say an unexpected medical bill drops on your doorstep. Rather than trying to ignore that stressor, use this mantra to face it head-on. Start by acknowledging how lousy you feel about the setback, even allowing a minute to give in to the dark side and let the crazy voice in your head run its course. (*You'll never get this figured out! You'll never make enough money, and so on. You know, that voice.*) It's not wallowing—it's a smart way to get it all out so you can regroup. Now, deliberately quiet those thoughts "and think, *This challenge is an opportunity to learn something I didn't know*," says Kachina Myers, a New York–based psychoanalyst who specializes in financial therapy. "Turn downtrodden on its head and get curious instead." Maybe that big bill lets you practice asking for a price reduction. "It's the feeling of helplessness that's stressful, and the only cure is to find your sense of agency again," Myers explains. If you feel out of your depth, look for help—even if it's just calling the company that's billing you and saying, "I don't understand where this number on my bill came from. Can you explain it to me?" The more you ask, the better you'll feel, and the more savvy you'll be for next time.

**MY
FINANCIAL
FATE IS
NOT FIXED**

News flash: You did not emerge from the womb with your future earning potential stamped across your forehead. Yet for many women, asking for a well-deserved raise or pulling the trigger on a kick-ass business plan can stir up anxiety. "Often, women are motivated by a deep desire to stay connected to the groups in our lives—a family, a friend circle, or an office staff—and be accepted," says Myers. Asking for a raise at work, for instance, might feel selfish if your boss has always stressed a team-player mentality. No matter where the pressure comes from, it's easy to feel like there are too many roadblocks, and to start telling yourself it's out of your hands. But there's no such thing as financial destiny. With your mantra in mind, look around your office (or even among your friends) to find a person who inspires you professionally. Create a lasting relationship with someone who knows your goals: She can quell future freak-outs and provide tips for landing that promotion. You can also look at sites like Score (a free advice forum for small business owners) or Levo League, which provides free mentoring for professional women; mentors post advice and can opt to answer your questions. Just seeing a site full of women who have successfully fought for their money proves you have control over your financial future. Need another reason to speak up? Only 43 percent of workers asked for a raise last year, but of those who did, 75 percent got a pay bump, according to a Payscale survey of 31,000 workers. So clear your throat, and get ready to set your own course. ®



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[WE LEARN FROM HER]

“Sharing your story saves lives”

Valeda Keys, who'd had breast cancer twice by age 40, says that not enough young women know what their risk is—and she's working to change that. **BY JESSICA PRESS**



Valeda (above left), her mother (center, also a breast cancer survivor), and her twin sister at her 2012 awareness luncheon.

her age. “Most attendees at these functions are much older, when it’s so important for younger women to be educated, particularly in my community,” says Valeda, referring to the higher rate of breast cancer in African-American women under 40, who

are also twice as likely to have an aggressive, hard-to-treat subtype.

Valeda decided to hold a luncheon, largely self-funded, in her native St. Louis to draw in younger women. She asked her doctor and other survivors to speak, hired a comedian to lighten the mood, and arranged for a mammogram van to give screenings. More than 100 women attended that event in November 2012. Since then, the annual conference has doubled and she’s formed a nonprofit, Valeda’s Hope, to expand her outreach in unique ways. She regularly speaks at events and periodically takes the mammogram

van into underserved neighborhoods. Using grants, donations, and her own money, she recently started gifting easy chairs to women recovering from double mastectomies. “After my double mastectomy, the only place I could sleep comfortably was my husband’s recliner—the bed was too high to get into without pain, the couch too low,” Valeda explains. Carla Mathis, a St. Louis hair salon owner, says that the chair was amazing, but it was the kindness she received from Valeda after her surgery that really left her in awe. “Valeda and her husband brought it over on Mother’s Day, and checked on me to make sure I had everything else I needed. To have this stranger take time out of her holiday for me, it made being a survivor feel like a sisterhood.”

That personal touch is what powers Valeda’s impact, says Lannis Hall, M.D., an assistant professor of clinical radiation oncology at Washington University School of Medicine, who gave the keynote address at the 2014 event: “We’re making incredible strides in cutting the late-stage cancer rates for African-American women in St. Louis because of effort on every level, from survivors to qualified health centers to advocacy groups like Valeda’s Hope all reaching out to women in high-risk areas. But Valeda’s sheer passion and drive has been a force for all of us. She really is a rock star.”

WHAT YOU CAN DO

DONATE at valedashope.org to help purchase recliners (each one is \$300) and other comfort items.

FOLLOW VALEDA’S HOPE ON FACEBOOK and share her weekly “Mammogram Monday” reminder to schedule one with your friends.

SUPPORT THE PINK DAISY PROJECT, which helps survivors under 45, single mothers, and those who are underinsured nationwide, by providing meals, gas, and more.

VALEDA KEYS WAS JUST 37 when she was diagnosed with breast cancer in 2010 and had a lumpectomy. Having tested positive for the BRCA-2 gene, the nurse and mother of two knew she was at high risk for recurrence and also for developing ovarian cancer. So she began attending support groups to learn from survivors how to prepare for the future. Just after her second surprise diagnosis a year later (she would add a double mastectomy and hysterectomy to her surgery count), Valeda spoke at a local support group’s awareness luncheon and was disheartened by the absence of women

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Why parenting was so much worse in the '80s

If you've ever looked back wistfully on the low-key, unstructured way you grew up, read this.

Aaron Traister wants to dial back the nostalgia and celebrate why we've got it so good *now*.

RECENTLY I'VE NOTICED A LOT OF PINING for life as a kid in the '80s. My peers go on and on about how much better it was compared with our overscheduled, social media-filled lives today. And I did love growing up back then. It was full of adventure and hijinks and very few adults, or maybe I'm just confusing my childhood with the plot of *The Goonies*.

Nostalgia is part of being a parent—our grandfathers got all wistful about nights in front of the wireless the way we talk about rolling around in the “way back” of a station wagon—but I actually think raising a family today is a huge improvement over life when we were kids. Hear me out.

The '80s were dirty

One of the reasons I like being a parent in our modern era is that I can take my family for a picnic in any of our neighborhood parks and I don't have to worry about my kids eating

their watermelon surrounded by garbage. It's hard to remember, but there was a time when people threw trash out their car windows and thought of recycling as a hippie fad—or an outright scam—and back then, most public spaces could get pretty foul. In addition, people were just starting to pick up after their dogs; seriously, it was such a new phenomenon that I remember a Robin Williams stand-up routine about how ridiculous it looked to pick up after your dog. I like that as a culture we've decided to pay more attention to taking care of our surroundings, and that this stuff is being drilled into my kids' heads from a very young age. It gives them a sense of responsibility toward the environment and their community that I never had growing up and didn't really learn until much later. I'm also pleased that when my wife, Karel, and I go for a walk in the evening, we don't have to dodge presents from my neighbor's Great Pyrenees.

Skype is better than Ma Bell

If you're looking for someone to complain about the Internet and how worthless it is, I'm your man. I was a big fan of growing up in the monoculture of the '80s, when everyone came to school ready to talk about what happened on *Growing Pains* the night before. However, technology is a godsend for families separated by geography. When I was kid, my grandparents lived 12 hours away, in northern Maine, a.k.a. the ends of the earth. When I called them, I had to stand in the kitchen because our phone had a cord, and it was short, and there were no chairs in the kitchen, and it felt weird to drag one in for a phone call. Then, the conversations went like this:

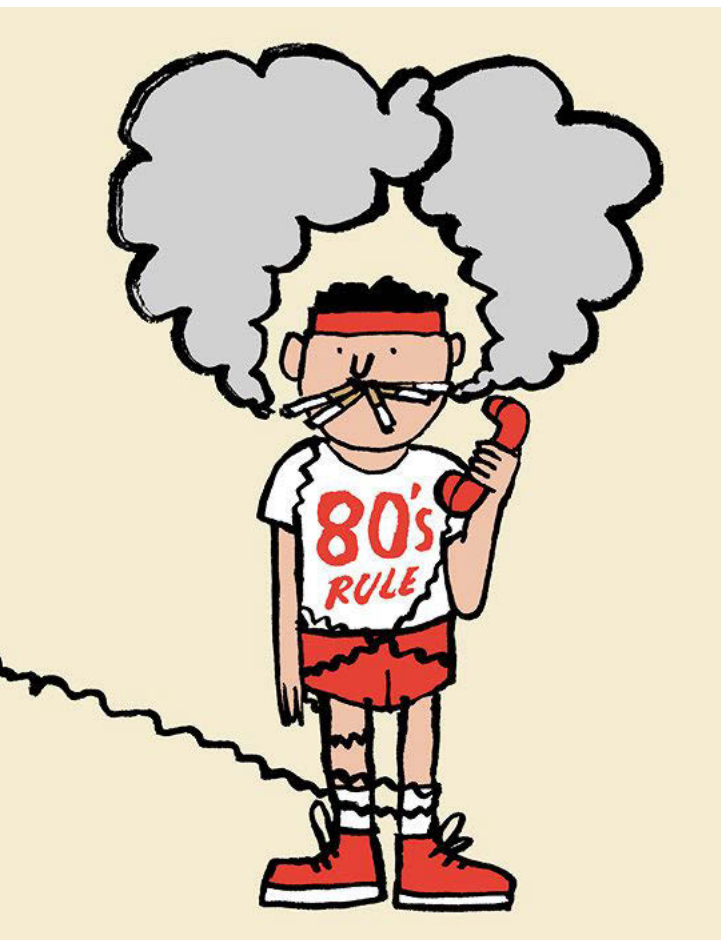
Aaron: Pappy! Pappy! I won the junior high wrestling tournament!

Pappy: That's g[SHHHHHZZZZRRRR *Static *ZZZZR-RFHHF] one of their secret horns.

Aaron: Pappy? I missed that middle part!

Pappy: [Dial tone]

Today my kids live half a country away from my in-laws, but because of technological wizardry, they can show their grandparents report cards and Halloween costumes and they won't be kept awake at night wondering what their grandfather was trying to warn them about with his cryptic message about “secret horns.” The progress in communication in an increasingly transient society is all to the good. And it also helps Karel and me stay very, very close when she is out of town for work... but that might be a conversation for a different column.



My kids can't buy cigarettes

The '80s were weirdly permissive about extremely unhealthy stuff. The first time I bought a carton of cigarettes, I was about 9 years old. I was buying them for my dad, but still, just writing that in today's world feels wrong. It wasn't a big deal back then, because everybody smoked, including my pediatrician, who smoked in his office. I started smoking when I was 12, partly because it was so easy to get cigarettes and they were so cheap, and I could walk into any number of convenience stores in suburban Philadelphia and buy a pack without the cashier even flinching. Thanks to taxes and fines and greater oversight, that world doesn't exist anymore. And it's not just cigarettes—we're more careful about everything, from seat-belt safety to wearing a bike helmet. When I hear people say, "These kids today, so coddled," I think, *Yeah, a few traumatic brain injuries will toughen them right up.* We're not swaddling our kids, or ourselves, in bubble wrap. We're using common sense, and I, for one, am not going to get nostalgic about a time I'm sometimes amazed I survived. Karel and I can breathe a little easier because it's much more difficult for our kids to wreck their lungs and brains. And, speaking as an adult, I can breathe easier because I can't afford to smoke anymore.

We're less judgmental

At 12 I could ride my bike through my neighborhood without a helmet, smoking a cigarette, dodging dog poop while eating a rare steak and no one thought anything of it. And yet, there was a guy in my neighborhood who got a lot of strange looks for being a stay-at-home dad. Even in the early '90s, TV's Murphy Brown got flack from Vice President Dan Quayle for being a single mom, and having two mommies or two daddies was pretty much unheard of. All these situations are fairly commonplace nowadays, and somehow we haven't been swallowed up by a lake of fire or taken over by a foreign Communist regime. We're getting over our hang-ups about who gets to have a family and how they should structure it, and it's about damn time, since I have enough to worry about with my own family to waste time worrying about what my neighbors choose to do with theirs. And the best part is, my kids will be even less judgmental, having grown up in a world where they had a dad who stayed at home with them. Though they might be traumatized by how much he wanted them to love *The Goonies*.

ASK THE WHYS GUY: Why is my guy not as jazzed about a weekend of apple picking as I am?

Guys actually do love to pick apples. It feels healthy and productive and we occasionally get to spot our special ladies on a ladder, and that's a pretty sweet view, I'm not gonna lie. So why isn't your man excited about this enjoyable way to spend an afternoon? Because you didn't say *afternoon*. You said *weekend*. A whole weekend of apple picking?!! Are you crazy? Picking apples as a job is backbreaking, exhausting work. You've asked your dude to spend a weekend at the fruity equivalent of the Amazon.com loading dock. Be careful with stuff like this! Tell him you rented a cabin and you can pick apples if you want. He'll jump at the opportunity to go apple picking for three hours or less.

DO YOU HAVE A QUESTION FOR AARON? Email him at redbook@hearst.com (subject: Whys Guy). His answer may appear in an upcoming issue!



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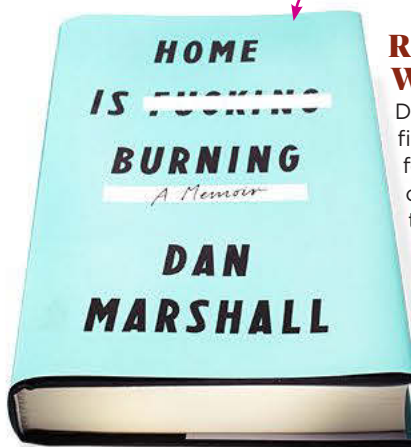
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6 books to binge-read this month



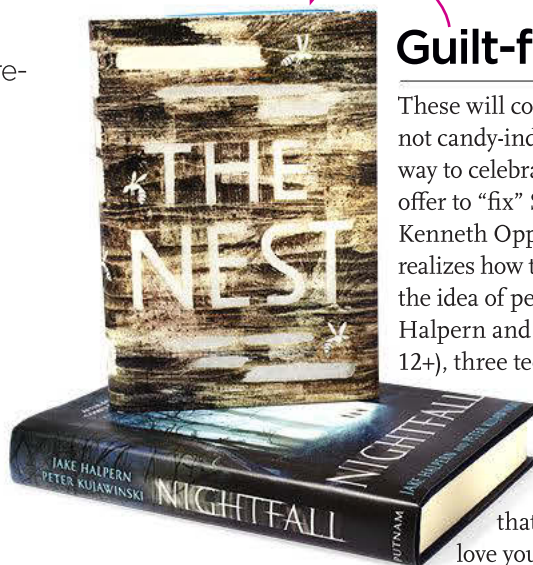
REASON TO LAUGH WHEN YOU'RE DOWN

Dan Marshall's parents are fighters: His mom battled cancer for more than a decade while caring for five kids; his dad finished the Boston marathon even though ALS almost incapacitated him. But it is the whole family's ability to find humor in the face of tragedy that gives heart to Marshall's outrageously funny memoir (think Chelsea Handler's mouth mixed with David Sedaris's sarcasm), *Home Is Burning*.



HOPE FOR SCARY TIMES

The American Southwest of Claire Vaye Watkins's near-future-set novel *Gold Fame Citrus* is out of water, the survivors left to fend for themselves. Luz and Ray are content to live off soda and love until a found child sets them in search of a better life. "The child leaned into the hug, and what a tremendous satiating feeling that was, better than clean water"—isn't it that sensation, even in not-dire times, that makes people struggle to secure a safer tomorrow?



Guilt-free treats for kids

These will convince them that spooky tales—not candy-induced tummy aches—are the best way to celebrate Halloween. Mysterious beings offer to "fix" Steve's disabled baby brother in Kenneth Oppel's *The Nest* (ages 10+). Once he realizes how the cure works, Steve must decide if the idea of perfection is worth the cost. In Jake Halpern and Peter Kujawinski's *Nightfall* (ages 12+), three teens race to escape a pitch-black island inhabited by dangerous creatures. They fight for each other's lives despite secrets that come to light—it's a reminder that no matter what, the people who love you best will never desert you.

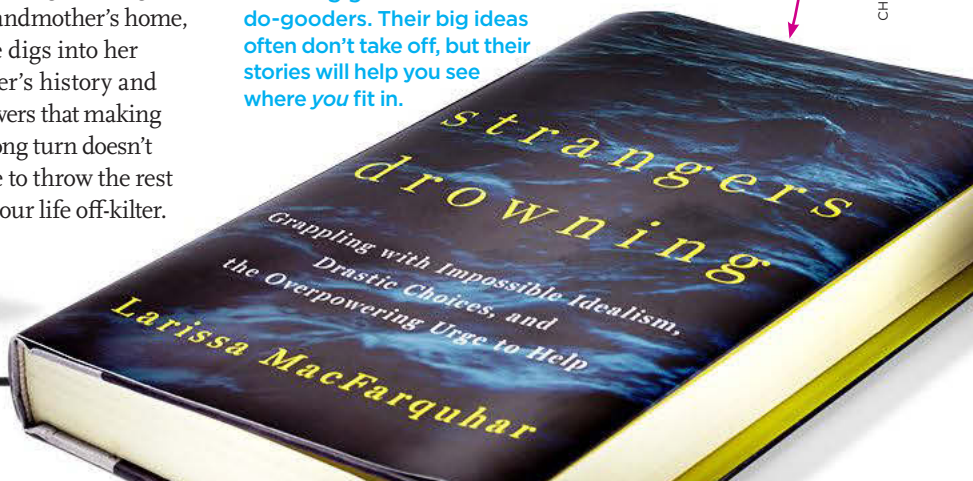
PROOF THAT YOU'RE NOT YOUR MOTHER

In Melissa DeCarlo's funny, heartfelt novel *The Art of Crash Landing*, 30-year-old Mattie is broke, pregnant, and following the same sad path as her late mom, an alcoholic with a string of failed relationships. After inheriting her long-lost grandmother's home, Mattie digs into her mother's history and discovers that making a wrong turn doesn't have to throw the rest of your life off-kilter.



WHY CHARITY MATTERS

The funny thing about people who sacrifice everything—money, belongings, having a family—for others: They can make your jaw drop in wonder... and make you want to help change the world. Larissa MacFarquhar's riveting profiles in *Strangers Drowning* get into the minds of extreme do-gooders. Their big ideas often don't take off, but their stories will help you see where you fit in.



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WARNING

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AT HOME

The perfect fall dinner

Now that summer is officially over, you can eat what you really crave: soul-satisfying meals (uh, yeah, pasta Bolognese) that are big on flavor but still absurdly easy to throw together. So we got food goddess and former *Gourmet* magazine editor Ruth Reichl to give us two amazing recipes from her new book, *My Kitchen Year*. Turn the page and bliss out. ➤

PHOTOGRAPHS BY MIKKEL VANG. FROM MY KITCHEN YEAR, 136 RECIPES THAT SAVED MY LIFE. COPYRIGHT © 2015 BY RUTH REICHL. PUBLISHED BY RANDOM HOUSE/PENGUIN RANDOM HOUSE LLC.

YOU DON'T NEED TO SPEND AN HOUR finely chopping onions, carrots, and celery for this Bolognese recipe—but you do need the better part of an afternoon for it to simmer. Pair it with a heaping helping of Reichl's Spicy Tuscan Kale recipe, below, and you'll have an autumnal meal that just might make you psyched about those chilly days to come.

Active: 10 minutes
Total: 2 hours and 30 minutes

- 1 Tbsp olive oil
- 1 medium onion, chopped (about 2 cups)
- Kosher salt and pepper
- $\frac{1}{2}$ tsp crushed red pepper flakes, or more to taste
- 2 cloves garlic, smashed
- 1 lb spicy pork sausage
- 1 28-oz can whole San Marzano tomatoes
- 1 lb spaghetti
- 1 Tbsp butter
- Freshly grated Parmesan, for serving

1. Add the oil to a skillet and sauté the onion over medium heat until it is fragrant and translucent. Add 1 tsp salt, $\frac{1}{2}$ tsp pepper, the red pepper, and the garlic.

2. Squeeze the sausage out of its casing into the pan. Increase heat to medium-high and fork the sausage around until it loses its raw color, about 6 minutes. Crush the tomatoes into the pan, tearing them with your fingers. Set aside the remaining liquid from the can. Cook at fairly high heat until the liquid has evaporated, stirring every once in a while, about 2 minutes. Slowly add the rest of the liquid from the can, a bit at a time (the secret to this sauce is allowing the liquid to evaporate each time before adding more). When the liquid is gone, turn down the heat, add a bit of water, and cook for at least 2 more hours, watching the pot and adding more water as needed. This is best when it becomes quite dry and the tomatoes are beginning to caramelize against the bottom of the pan.

3. Cook the spaghetti, drain, toss into a bowl, and add the butter. Add the sauce and pass the Parmesan.

Makes 6 servings. Per serving: 490 cal, 17 g fat (5 g sat fat), 19 g protein, 63 g carb, 5 g fiber.



Active: 15 minutes
Total: 35 minutes

- Kosher salt and pepper
- 3 large bunches lacinato kale (about 3 lbs)
- 2 Tbsp olive oil
- 4 anchovy fillets
- 2 large onions, chopped (about $3\frac{1}{2}$ cups)
- $\frac{1}{4}$ tsp chile flakes, or more to taste
- 4 cloves garlic, smashed
- $\frac{1}{2}$ cup freshly grated Parmesan
- $\frac{1}{2}$ cup crisp bread crumbs (recipe follows)

1. Bring a large pot of salted water to a boil. Wash the bunches of kale, then strip the leaves off the ribs. Tear the leaves into large pieces and cook them in boiling water for a minute or so. The kale should stay a vibrant green. Drain it and run it under cold water until it's cool enough to comfortably hold in your hands, then squeeze out as much water as you can; set the kale aside.

2. Heat a healthy splash of olive oil (about 2 Tbsp) in a large skillet. Add the anchovies and mash them with a wooden spoon until they've completely disintegrated. Add the onions, a few pinches of chile flakes, and a few grinds of pepper; cook, stirring occasionally,

for about 10 minutes, until everything is soft and fragrant. Toss in the kale and garlic and cook for another 10 minutes or so, until it comes together. Taste for salt, add a bit more olive oil if you like, and stir in the Parmesan and the crisp bread crumbs for texture.

Makes 6 servings. Per serving: 220 cal, 8 g fat (3 g sat fat), 12 g protein, 28 g carb, 5 g fiber.

- 1 loaf stale French, sourdough, or Italian bread (about 10 cups diced)
- Olive oil
- Kosher salt

1. Heat oven to 350°F. Cut bread into cubes and grind it into crumbs in a blender or food processor. If your bread is not stale, you can dry the cubes in a 200°F oven for 15 minutes before grinding.

2. Spread the crumbs on a baking sheet and toast for about 20 minutes until crisp and golden. Drizzle with olive oil (about 1 Tbsp for every cup), season with salt, and allow to cool completely before putting into containers.

Makes about 4 cups.

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T HIS FALL, do yourself a favor and load up on ginger. The magical ingredient helps boost the immune system, aids in digestion, decreases inflammation... and happens to be incredibly delicious. These four recipes will work it seamlessly into your repertoire, and add a little spice to your plate.

PHOTOGRAPHED BY Tara Fisher

Active: 10 minutes
Total: 35 minutes

- ¼ cup miso paste**
- 1 4-in. piece ginger, sliced**
- ¼ cup cilantro leaves, stems reserved**
- 3 cloves garlic, sliced**
- 3 boneless, skinless chicken breasts**
- 3 Tbsp low-sodium soy sauce**
- 2 Tbsp lime juice**
- 4 nests rice vermicelli noodles**
- 2 scallions, sliced**
- 1 Thai chili pepper, sliced**

In a medium pot, whisk together 5 cups water and the miso. Add the ginger,

cilantro stems, garlic, and chicken. Bring to a rapid simmer over high heat, reduce heat to low, cover, and cook until the chicken is cooked through, about 15 minutes. Transfer the chicken to a plate and strain the cooking liquid through a fine mesh sieve. Transfer the liquid to the pot and stir in the soy sauce and lime juice. Divide the noodle nests among 4 bowls and cover each with the hot broth. Slice the chicken and divide among the bowls. Serve garnished with the cilantro leaves, scallions, and chili pepper.

Makes 4 servings. Per serving: 269 cal, 4 g fat (1 g sat fat), 26 g protein, 30 g carb, 2 g fiber.





Active: 15 minutes
Total: 40 minutes

- 1 Tbsp olive oil
- 1 medium onion, diced
- 1 large stalk celery, diced
- 1 3-in. piece ginger, peeled and diced
- 2 medium sweet potatoes (about 1½ lbs), peeled and chopped
- 4 cups (1 qt) low-sodium vegetable or chicken broth
- 1 15.5-oz can chickpeas, drained and rinsed
- Kosher salt and pepper
- 4 oz chorizo, diced

1. In a medium pot, heat the oil over medium-high heat. Add the onion, celery, and ginger and cook until the vegetables are tender, about 5 minutes. Add the sweet potatoes, broth, and all but ¼ cup

of the chickpeas. Bring to a boil, reduce heat to low, cover, and simmer until the sweet potatoes are tender, about 15 minutes; season with salt and pepper. Let cool slightly. Working in batches, purée the soup in a blender until smooth. Return to the pot and keep warm over low heat.

2. In a small skillet, heat the chorizo over medium heat. When some of the fat has rendered, add the reserved chickpeas and continue cooking until the chorizo and chickpeas are crisp, about 4 minutes. Divide the soup among 4 bowls; top with the chorizo and chickpea mixture.

Makes 4 servings. Per serving:
250 cal, 11 g fat (3 g sat fat),
10 g protein, 28 g carb, 5 g fiber.



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Active: 20 minutes
Total: 50 minutes

- 1½ cups all-purpose flour
- 1 Tbsp ground ginger
- ½ tsp baking soda
- ½ tsp kosher salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- ½ cup granulated sugar
- 1 cup light brown sugar
- 2 large eggs
- 1½ tsp pure vanilla extract
- 1 cup dark chocolate chips
- 6 Tbsp finely chopped crystallized ginger

1. Heat oven to 350°F. Line 2 baking sheets with parchment paper. In a medium bowl, stir together the flour, ground ginger, baking soda, and salt. Set aside.

2. Place the butter and sugars in a medium bowl and beat with an electric mixer until fluffy, about 3 minutes. Beat in the eggs and vanilla. Add the dry ingredients and beat until just combined. Stir in the chocolate chips and crystallized ginger. Drop heaping tablespoons of dough onto the prepared baking sheets 3 inches apart. Bake in batches until golden, about 12 minutes. Cool 5 minutes on the sheets before transferring to a rack to cool completely. Store cookies in an airtight container up to 1 week.

*Makes 3 dozen cookies.
Per cookie: 140 cal, 7 g fat
(5 g sat fat), 1 g protein,
18 g carb, 1 g fiber.*

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CORN SYRUP



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at home



GF LEMON-GINGER MARMALADE

Active: 1 hour and 15 minutes

Total: 1 hour and 30 minutes (plus cooling)

8 lemons

$\frac{3}{4}$ cup grated fresh ginger

1 1.75-oz pkg regular powdered pectin, such as Sure-Jell

6 cups sugar

1. With a vegetable peeler or paring knife, peel the zest from the lemons in strips, leaving as much of the pith behind as possible. Slice the zest into thin strips and add to a large pot with 2 cups water (just enough to cover the zest). Bring to a boil over high heat, reduce heat to a simmer, and cook until the peel is soft and translucent, about 10 minutes. Remove from heat and set aside.

2. Meanwhile, slice the white pith from the lemons; then, working over a bowl

to collect the juice, slice the lemon segments from the membranes, adding them to the bowl. Squeeze the membranes over the bowl, removing as much of the juice as possible. Discard the membranes and any seeds. Add the lemon segments, juice, ginger, and pectin to the pot with the zest. Whisk until the pectin is dissolved.

3. Bring the mixture to a boil over high heat, stirring constantly to prevent the mixture from bubbling over. Add the sugar and return to a boil, stirring. Boil while continuing to stir for 1 full minute. Remove from heat. Transfer to a large bowl and cool to room temperature. Transfer to jars or airtight containers and freeze or refrigerate.

Makes 6 cups. Per Tbsp: 52 cal, 0 g fat (0 g sat fat), 0 g protein, 13 g carb, 0 g fiber.

Give your child
Rice Krispies and see
what they create.



© TM, © 2015 Kellogg NA Co.

Your family wants this tonight

It is indeed possible to achieve a crispy crust and tender meat without making a huge mess or driving yourself nuts. This is the recipe you owe it to yourself to learn.

BY KHALIL HYMORE

» Crispy, juicy, perfect chicken schnitzel

This recipe will work for turkey cutlets or pork chops, too. Simply pound the meat to the same ¼-in. thickness, and cook until the juices run clear.

Active: 20 minutes
Total: 25 minutes

- 3 large eggs, beaten
- 1½ cups bread crumbs
- 4 boneless, skinless chicken breasts (about 1½ lbs)
- Kosher salt and pepper
- Canola or safflower oil, enough to coat a pan with 1 in. oil
- Flaky sea salt (optional)
- Lemon wedges, for serving
- Chopped parsley, for serving

[THE STEPS]



1 Prep your ingredients. Create an assembly line with the eggs and bread crumbs placed in large serving dishes. The bigger the dish, the smaller the splatter. Prep the garnishes—you'll want to eat this as soon as possible.



2 Butterfly the cutlets. Place one chicken breast on a cutting board and carefully slice horizontally through it. The more equal these halves are, the easier it will be to cook them.

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: 1 HOUR **15 minutes**

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~
~~2 tbsps. butter, divided~~
~~2 cloves garlic, minced, divided~~
~~2 tbsps. chopped flat-leaf parsley~~
~~1 1/2 tbsps. Italian seasoning~~
~~1/2 onion, diced~~

~~1 1/2 tbsps. salt~~
~~1/2 tsp. ground white pepper~~
8 oz. pasta, cooked, drained
2 cups heavy cream
2 tsp. Cajun seasoning
1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com



*Italian focaccia bread
in a cracker? Fantastico.*

New Town House Focaccia Crackers.

Choose from our tasty Rosemary &
Olive Oil and Tuscan Cheese flavors.

The Art of Entertaining™



[STEPS, CONTINUED]



3 Now's the fun part. Lay one halved piece of chicken between two pieces of plastic wrap. Gently pound with a mallet, rolling pin, or bottle of wine until it's ¼ in. thick. *This is not the time to release your aggression!* If you pound the meat too hard, you'll get frayed edges, or worse, holes. Repeat with the remaining breasts.



4 Add the flavor. Season the meat with salt and pepper. Dip each piece of meat in the eggs, allowing the excess to drip off, then dip into the bread crumbs, shaking off the excess. Let the pieces rest on parchment paper before frying.



5 Fry 'em up! Heat oil in a straight-sided skillet over medium-high heat until it reaches 350°F. (Alternatively, test oil with a wooden spoon: If the oil bubbles when you dip the handle in, it's ready.) Working in batches, fry the breasts until golden brown and crisp, about 2 minutes per side.



6 Let rest and cool. Transfer the cooked cutlets to a paper towel-lined pan and season with sea salt (if using). Serve with lemon wedges and chopped parsley, if desired.

Makes 4 servings. Per serving: 497 cal, 27 g fat (4 g sat fat), 43 g protein, 18 g carb, 1 g fiber.

TOWN HOUSE

More ways to share your flair.



The Art of Entertaining™



HOME
under
\$100

Make coziness a priority for fall with steals that will warm up any room, no matter *when* you turn on your furnace.

Bring gorgeous colors into your home



BATH MAT, BOOK ENDS:
CHRISTOPHER COPPOLA/
STUDIO D. ALL OTHER
STILLS: COURTESY OF
MANUFACTURERS.

1 With mod hairpin legs and a glorious texture, this ottoman channels Jane Fonda's shaggy spaceship in *Barbarella*—in a good way. Threshold faux-fur ottoman, \$64.99; target.com.

2 Score! Orange accents that don't scream Halloween. Linework vases, \$19 to \$49 each; westelm.com.

3 You can monogram these luxurious, ultra-absorbent Turkish cotton towels with your initials (or "AHH," or "SPA") for free. Turkish Hydro Cotton towel set, \$69; markandgraham.com.

4 This cast-iron Leviathan will hold your whole library in his belly. Start to Fin bookends, \$54.99 for set; modcloth.com.

5 A clock with critters and blooms would be equally at home in a nursery or in the living room. Garden by Aitch wall clock, \$24; society6.com.

6 Time to send your dusty old halogen lamp to the Great Dorm Room in the Sky. Hadley floor lamp, \$59.99; kirklands.com.

7 Tuck a few issues of REDBOOK on the racks at the base of this sleek table to underscore your excellent taste in decor and magazines. Hokku Designs cross-braced end table, \$81.99; allmodern.com.

8 Because grown-up tea parties should be as pretty as the ones you used to throw for your stuffed animals. Cast-iron basket weave tea pot, \$24.99; worldmarket.com.

9 At this price, everyone in the house gets a sea grass basket for their clutter (and gentle encouragement to use it). Maffens basket, \$18.99; ikea-usa.com.

10 This soft, exotic beauty is an ideal touch of color for an otherwise-neutral nook. Kilim hook pillow, \$49; dormify.com (20% off with code PILLOWPARTY).

11 Pull a pair of these stools up to the kitchen counter—or think like MacGyver and deploy them as side tables in a narrow space. Kingstown Cosimo 29-inch bar stool, \$95.99 for 2; wayfair.com.

12 Lucky you: This fall's butterfly migration will happen at your dining table! Thomas Paul Design oval butterfly tray, \$32; apartment48.com.

13 Curl up and count clouds—or s'mores, once the sun goes down—on this machine-washable, campfire-perfect throw. Nipomo roll mint blanket, \$56; fab.com.

14 The only thing nicer than a long soak in the tub? Giving your feet a hug on the way out with ultra-plush cotton. Cobblestone 21x34-inch cotton bath rug, \$38; garnethill.com.

without forking over too much green stuff.

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SUPER PREMIUM FOOD
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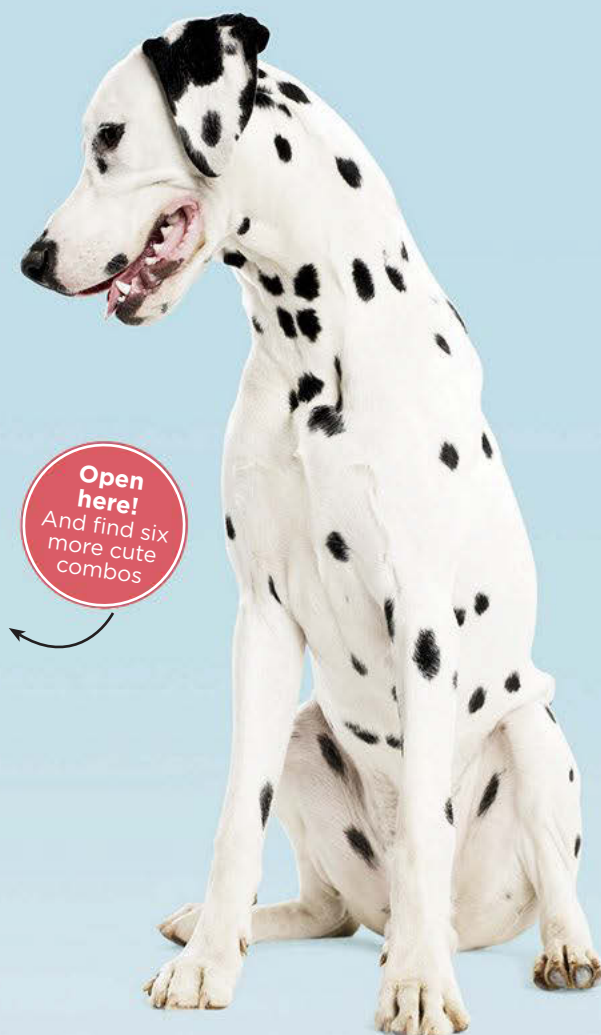
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PERFECT PAIR

Absolutely adorable pet bowls and mats

Does it rain cat and dog food all over the kitchen floor at mealtime? These duos are the solutions for your sweet—if sloppy—eaters.



Open here!
And find six more cute combos



Eye spy...

You'll be so delighted by these cute bowls that your real bewhiskered buddy might get a little jealous.

Petrageous frisky kitty bowls, \$8.99 each; thecatconnection.com. Silicone place mat, \$11.29; wag.com.



Connect the dog

Now you and your pup can eat breakfast and read the morning paper together.

Melia Pet ceramic dog bowls, \$20 each; chewy.com. Doggie Day Times place mat, \$4.95; oreoriginals.com.

For your feline

Thanks to these twosomes, your cat's feast will feel truly fancy.



A perfect picnic

We hope this stylish design is enough to stop Fluffy from bringing actual mice home. (Shudder.)

Ethical cat dishes, \$5.99 each; drsfostersmith.com. Place mat, \$15; etsy.com/shop/diggitydawgdesigns.



Tropical punch

Pineapples and gold detail are the tricks to making kibble look stunningly gourmet.

Bowls, \$22 each; waggo.com (20% off with code RED20). Laminated place mat, \$13.95; zazzle.com.



Nautical flair

A pretty combo is chic enough to win over even the pickiest kitty... and owner!

Creature Comforts nautical bowls, \$28 each; shopwagnation.com (20% off with code REDBOOK20). Bamboo place mat, \$9; bambeco.com.

For your pooch

More pairings *almost* as wonderful as your furry BFF.



Works of art

Elegant bowls meet a sweetly utilitarian bone that even Fido won't dare to chew.

Azul round pet bowls, \$29.50 each; frontgate.com. Jumbo recycled rubber place mat, \$23; muttropolis.com.



Pretty floral

These charming pieces will add a bright spot to any dark kitchen corner.

Dipper bowls, \$22 each; domesticbeast.com. Place mat, \$15; etsy.com/shop/diggitydawgdesigns.



Get personal

An indestructible combo in cool colors. Bonus: You can customize these bowls with your dog's name.

Personalized dog bowls, \$39 each; etsy.com/shop/jclaypottery. Place mat, \$20; harrybarker.com (40% off with code PLACEMAT).

Cat Tales



REDBOOK readers share their heartfelt stories of rescuing their cute four-legged friends and welcoming them into their families.

“One day I received a panicked call that a fire had broken out in my friend’s apartment building while she was away—and her cat, Harry, was missing! Thankfully, a fireman was able to find him among the rubble. When I brought him back to my place, my daughter immediately fell in love and I knew there was no going back. Luckily my friend agreed we could keep Harry forever!”

—AMANDA, NEW YORK

“Alice was just a neighborhood stray and clearly in need of some food. Every day I left a small bowl of milk out back. Gradually, she kept returning to our yard wanting more, and pretty soon she was sitting on my lap in front of the fireplace. Now she rules the house!” —JENNIFER, ILLINOIS



“I found a mother cat and her week-old kitten shivering in my work parking garage during a thunderstorm. I couldn’t leave them there, so I grabbed them both and took them home. They were scared but clearly grateful, and even though I had planned to give them away, I couldn’t separate them, and so now Missy and Kitty are ours!”

—DANIELLE, FLORIDA

Rachael’s personal proceeds from sales of **Nutrish** go toward food, medical supplies, and treatments for animals in need. Many more shelters around the country need help, and through Rachael’s Rescue, together we can make a difference in the lives of many four-legged friends. To learn more, go to nutrish.rachaelray.com.

TIPS

ON CARING FOR A RESCUED CAT

1

Visit a veterinarian for a wellness exam and to receive necessary vaccinations.

2

Stock up on cat supplies including litter box, food and water bowls, cat bed, and safe, stimulating toys.

3

Give your cat time to get acclimated to her new surroundings.

Let her come to you and warm up to your family at her pace.

4

Provide your cat with proper nutrition by feeding her Rachael Ray® Nutrish®.

Each delicious recipe is inspired by Rachael’s kitchen and includes real chicken or fish as the #1 ingredient for a great taste your cat will love.



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Sweet ideas that beat clutter

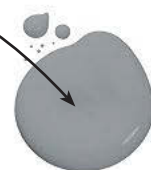
Steal the strategies from this kid's bedroom and you might restore peace to your own most impossible-to-keep-neat space.

THE SHOT ABOVE FROM THE NEW BOOK *Sage Living* features something you don't see every day: an adult-size picnic table in a child's bedroom. Not only does it fit perfectly into this cute and rustic space, it also solves a million clutter issues. In the image above (1), the table acts as a shelf for art supplies and toys, while a bench serves as a toddler table for little Tom (2). (We especially love the mismatched pair of vintage chairs.) When Tom gets bigger, he can sit on the bench and use the table as a desk. The other bench (3), nestled under a pair of windows, is repurposed as a shelf, which also provides space for bins to corral all of his stuff.



Bins hide everything!

Sailor stripe bin, \$40;
pehrdesigns.com.



Gray never goes out of style.

Benjamin Moore
Sweatshirt Gray
2126-40.

One Sofa,

Three Ways

Inspiration overload! Freshen up your living room or do a full-on makeover with these combinations from REDBOOK contributor Emily Henderson's new book, *Styled*. Find your look here and you'll never want to leave home again.



YOUR COUCH MIGHT BE the most stressed-out purchase you'll make for your house," says designer, lifestyle blogger, and Team Red contributor Emily Henderson. "It's the centerpiece of every living room, and good ones aren't cheap." Her advice: If you're torn about what style to get, you can bet that something gray, comfortable, and clean-lined will keep you happy. The surrounding details can be tweaked slightly for a fun update or overhauled to create a brand-new room. For proof, cast your eyes on the lovely—and very different—looks here.

FIRST, PICK YOUR SOFA

A great example of what Emily's talking about—this beauty will never look dated.



Nolee folding sofa bed, \$700; worldmarket.com.



▲ **Pillow** Aura tassel pillow, \$72; creamcoralcollection.com.



▲ **Print** Jasper print, \$200 for 26x34-inch; www.michellearmas.com.



▲ **End table** Plank side table, \$599; westelm.com.

► **Vase** Plum porcelain vase, \$44; globaltable.com.



Fun yet ladylike

The couch gets a shot of femme charm under a bright, oversize painting. Then it's all about the darling little details: a pompom pillow, a rose gold lamp, and a mod wire chair with a sunny cushion.



◀ **Chair** Basket metal dining chair, \$133; overstock.com.

▲ **Cushion** Outdoor cushion, \$8.99; bedbathandbeyond.com.

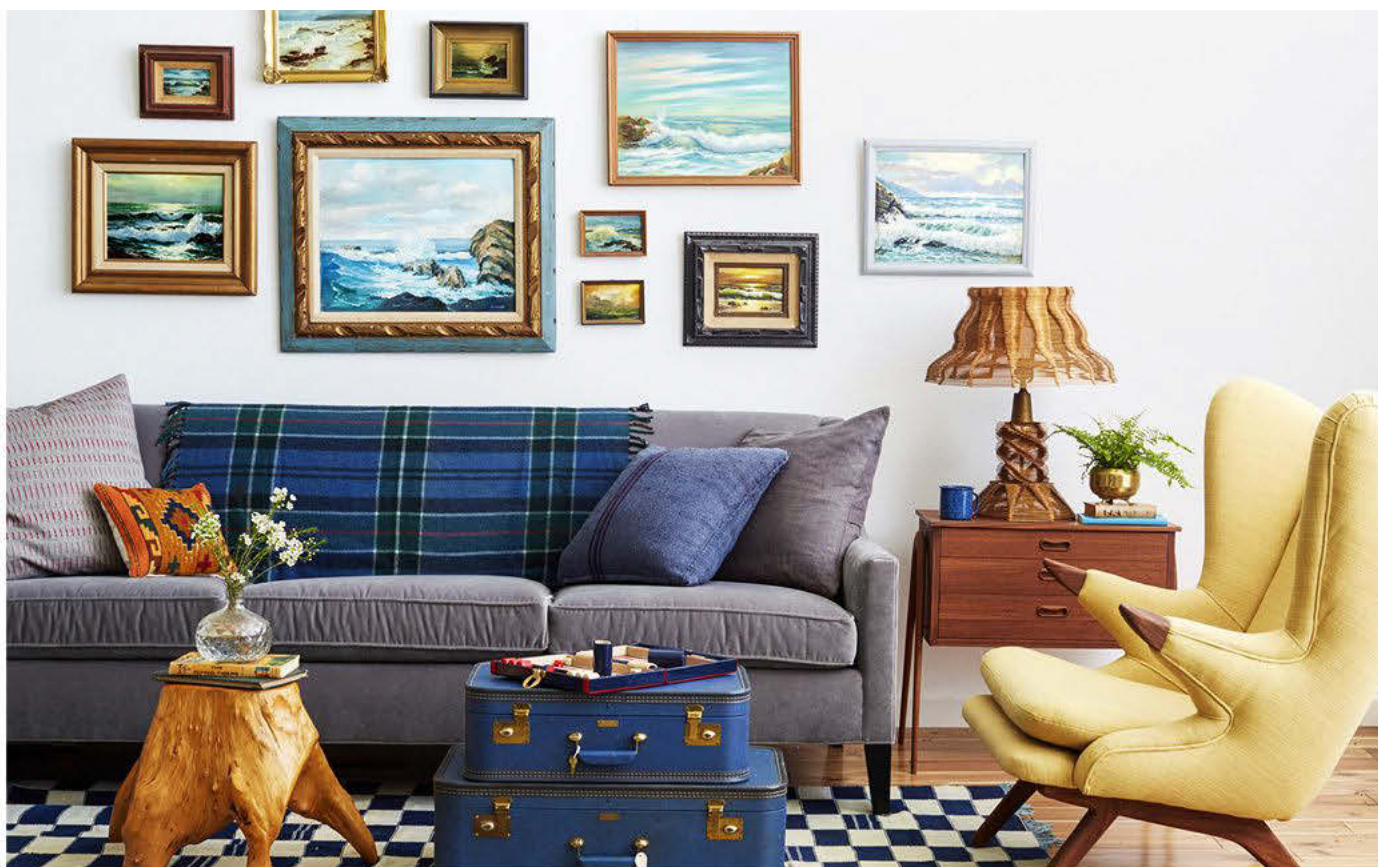


◀ **Lamp** Threshold marble task lamp, \$54.99; target.com.



▲ **Bowl** Seagate round serving bowl, \$42; canvashomestore.com.

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A new twist on nautical

Bursts of bright color from the chair and pillow make this retro look sing. And sneak in some storage by using a bedside table with drawers as an end table.



◀ **Stool** Gold tree stump table II by David Bromstad, \$129; grandinroad.com.



▶ **Vase** 4 3/4-inch brass vase, \$10; jamaligarden.com.



▶ **Rug** NuLoom Benny Royal Blue area rug, \$190; wayfair.com.



▶ **Canvas print** Seascape Near Saintes-Maries-de-la-Mer by Vincent van Gogh, \$89.99 for 18x12-inch; icanvas.com.



▲ **Armchair** Strandmon armchair, \$299; ikea.com.

▶ **Pillow** Magical Thinking diamond kilim pillow, \$59; urbanoutfitters.com.



▲ **End table** Mid-century side table, \$399; westelm.com.

VASE: JAMES WORRELL/STUDIO D. STYLIST: WENDY SCHELAH AT HALLEY RESOURCES. ALL OTHER STILLS: COURTESY OF MANUFACTURERS.



Welcome Home

Four walls may make the house, but what about the things that make a home? Our new fall collections have finally arrived, bringing with them the timeless furniture pieces, unique décor and nature-inspired accents that bring every room to life. With rich colors, crisp textures and abundant style around every corner, it's easy to design the home you've always dreamed of. Let's start creating. 🍂

Style, your way. Visit [pier1.com/indoorliving](https://www.pier1.com/indoorliving) to see the rest of our fall collection.

Pier1 IMPORTS™



Cottage-y and cool

The blankets, the pretty pillows, the plants—all these details soften the traditional furniture and make it feel more sweet, less stuffy.



▲ **Throw** Pur cashmere bamboo throw, \$148; gracioushome.com.



◀ **Pot** Provence ceramic cachepot, \$35; blisshomeanddesign.com.



◀ **Mirror** Acacia wood 24-inch mirror, \$129; cb2.com.



▶ **End table** Plantation 17½-inch-wide console table, \$199; lampsplus.com.



◀ **Rug** Oriental Weavers Kharma 807c, \$749 for 8x11-foot; owrugs.com.



▲ **Chair** Oscar chair, \$350; worldmarket.com.
Pillow Stripes pillow by Julie Thingummies, \$20; society6.com.



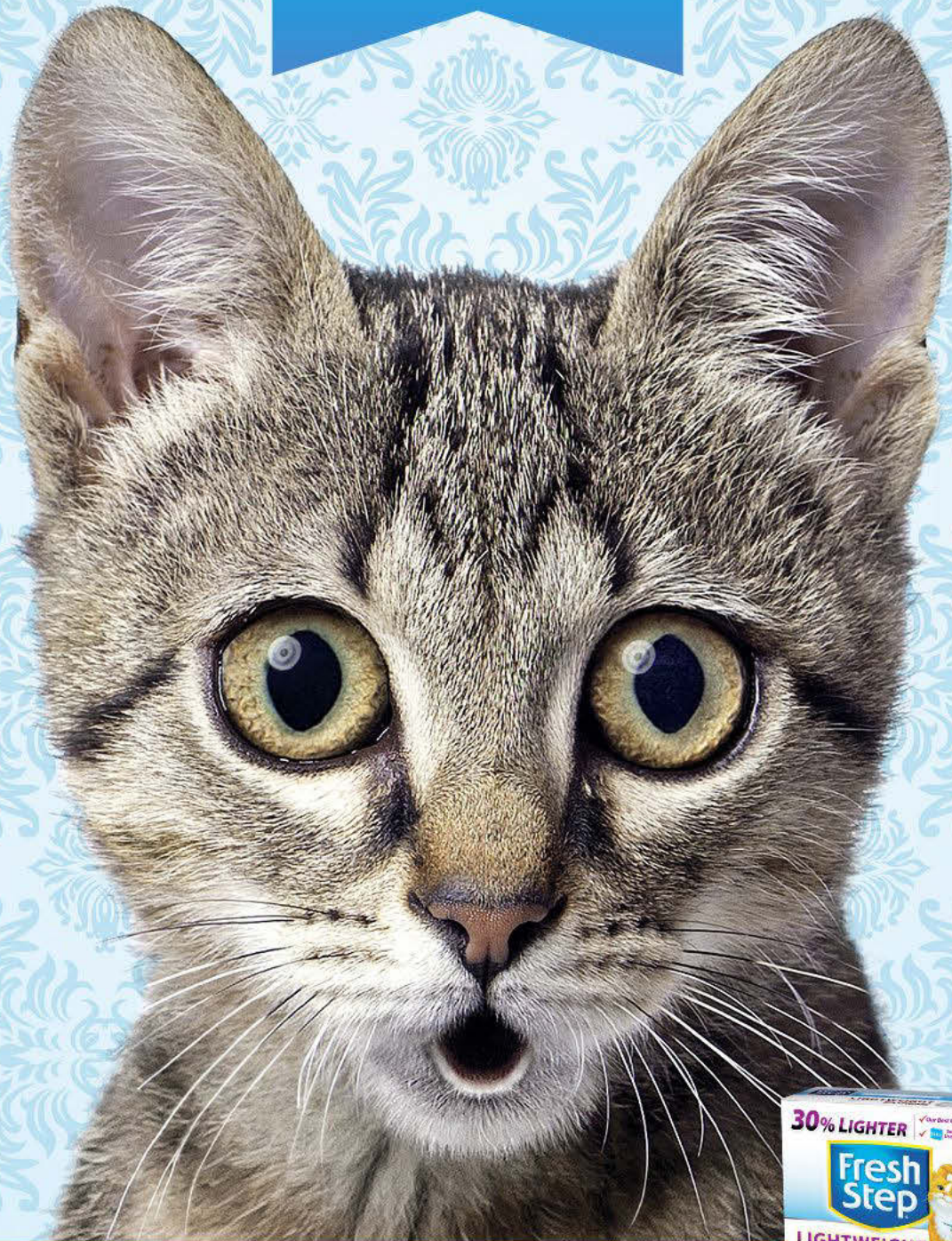
▲ **Lamp** Light Source Florissa table lamp, \$185; lampsbeautiful.com.

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That's something even cats find amazing.

5 spookily good Halloween ideas

PUMPKIN-SEED BRITTLE!

Save those precious jack-o'-lantern seeds, says REDBOOK recipe developer Khalil Hymore, and turn them into a salty-sweet treat. Heat your oven to 350°F. Combine 1 cup rinsed and dried seeds with 1 tsp vegetable oil, 1 Tbsp brown sugar, $2\frac{1}{2}$ tsp cocoa powder, 1 tsp ground cinnamon, and $\frac{1}{4}$ tsp kosher salt. Spread seeds in an even layer on a parchment-lined baking sheet and roast until golden and crisp, 15 to 20 minutes. Cool and serve.



POUR A BLOODY DELICIOUS COCKTAIL

Meet the *Potion de Muerto*, which gets its name from the gory-looking **beet juice** trickling down it (and because you'll feel like death after drinking too many). **To make one:** Add 2 oz tequila (we like Hornitos, the folks who dreamed this up), $1\frac{1}{2}$ oz orange juice, $1\frac{1}{2}$ oz lemon juice, $1\frac{1}{2}$ oz agave, and a dash of bitters to a cocktail shaker with ice. Shake it, pour in a tall glass filled with ice, and top with a splash of nature's fake blood.

HAND OUT SOME POPCORN

Here's why we adore this D.I.Y. party favor from Willowday blogger Gina Vide. First off: You only need popcorn, green jelly beans, ribbon, and food-safe (not latex) plastic gloves. Secondly, children can do this craft alone without destroying your home. And lastly, given all the sugar you'll consume this month, popcorn sounds wise, doesn't it?



Go batty

Few things in life are as freaky as bats, yet weirdly, those winged creatures—the paper kind, at least—make a very sophisticated front door decoration. It's such an easy project: Simply pick some up at a local craft store or online (we found a set of 25 3-D paper bats at [etsy.com/heidishubbub](https://www.etsy.com/heidishubbub) for \$13.50) and arrange a colony across your front door. All your Count Dracula trick-or-treaters will nod in approval.



Leftover chocolate 101

We have always wondered what that layer of white film is on an old piece of candy, so we went to chocolatier Jacques Torres for answers. It's called "chocolate bloom," which happens when excess moisture causes sugar on the surface to crystallize. Avoid it by keeping your stash in a cool, dry place. Or just use it up faster. Says Torres: "Make your favorite cookie recipe, but replace the chocolate chips with chopped-up Snickers, Three Musketeers, Milky Way. Any and all will work!"



Sitting for a

FAMILY PORTRAIT

is "lame," yet your teen will take

A MILLION SELFIES



You don't have to get them to get what they want to eat.

The New Walking Taco from Lunchables Uploaded.
An afternoon snack you Mix, Heat and Eat.



Shop the issue

FAKE A FACE-LIFT—WITH MAKEUP

Page 24: Mally Beauty Shimmer, Shape, and Glow highlighter, bronzer, and blush **palette + brushes**, \$49.50; mallybeauty.com.

FALL'S PRETTIEST MANICURE

Page 35: Zoya Nail Polish, \$9; zoya.com. Essie nail polish, \$8.50; essie.com. OPI Nail Lacquer, \$9.50; ulta.com. JINsoon Nail Lacquer, \$18; jinsoon.com.

BEAUTY UNDER \$25

Page 37: Origins Limited-Edition Make A Difference **Hand Treatment**, \$21; origins.com. Ginger + Liz Nail Colour, \$12; gingerandliz.com. Paddywax Relish Room Spray, \$16; paddywax.com. Sephora Collection Glam Me Up **hair ties**, \$12 for set of 3; sephora.com. Lancôme Color Design **Matte Crayon**, \$24; lancome-usa.com. Skinfix **Lip Repair Balm**, \$4.99; target.com. Clinique Pink With a Purpose **Cheek Pop**, \$22; clinique.com. Urban Decay **Brow Tamer**, \$20; urbandecay.com. Crabtree & Evelyn **Triple Milled Soap**, \$10; crabtree-evelyn.com.

DERMS SHOP THE DRUGSTORE

Page 44: NeoCutis Lumière Bio-Restorative Eye Cream, \$90 for 0.5 oz; dermstore.com.
Page 46: Lifeline Recovery **Night Moisture Serum**, \$190 for 1 oz; lifelineskincare.com.
Page 48: Citrix Pro-Collagen **Brightening Serum**, \$95 for 1 oz; dermstore.com.

WHY FERGIE LOVES HER 40S

Page 52: Wet n Wild Icon **Bronzer**, \$3.99; walmart.com. The Honest Company **Honest Bubble Bath**, \$11.95; honest.com. Outspoken Party! by Fergie **eau de parfum**, \$34 for 50 ml; avon.com. Elizabeth Arden Eight Hour Cream **Skin Protectant**, \$21; elizabetharden.com. Rimmel London Wonder' Lash Lift Me Up **Mascara**, \$8.99; ulta.com. Wet n Wild Mega Last Lip Color, \$2.29; drugstore.com.

THE FAST TRACK TO SMOOTHER SKIN

Page 54: StriVectinLabs Anti-Wrinkle Hydra Gel **Treatment**, \$69 for 4 treatments; strivectin.com. Skyn Iceland Hydro Cool Firming **Eye Gels**, \$30 for 8 pairs; skyniceland.com. Facial Smoothies **Wrinkle Removal Strips**, \$15.95 for 120; facialsmoothies.com. Frownies **Facial Patches** For Forehead & Between Eyes, \$19.95 for 144 strips; frownies.com. Furllesse Crows **Eye Line Reducing Patches**, \$19.99 for 60 patches; furllesse.com.

HAIRCOLOR THAT CHANGES EVERYTHING

Page 57: Phyto Phytoplage **Protective Sun Veil**, \$30; nordstrom.com.
Page 58: Redken Hair Cleansing **Cream shampoo**, \$15.50 for 10.1 oz; ulta.com. Rita Hazan Ultimate Shine **Gloss**, \$26; nordstrom.com.
Page 60: Developus **Color Lock 3-Step System**, \$10.35; totallyhaircare.com.

5 BEAUTY TRICKS I JUST LEARNED

Page 64: Philosophy My Philosophy **eau de parfum**, \$40 per 1-oz bottle; philosophy.com. Honest Beauty Truly Lush **Mascara + Lash Primer**, \$21; honestbeauty.com. Skinfix Soothing **Wash**, \$19.99; target.com.

Sweepstakes Rules

BEAUTY UNDER \$25 SWEEPSTAKES; DERMS SHOP THE DRUGSTORE CETAPHIL SWEEPSTAKES; DERMS SHOP THE DRUGSTORE AQUAPHOR SWEEPSTAKES; DERMS SHOP THE DRUGSTORE COPPERTONE SWEEPSTAKES; WHY FERGIE LOVES HER 40S SWEEPSTAKES; THE FAST TRACK TO SMOOTHER SKIN SWEEPSTAKES; HAIRCOLOR THAT CHANGES EVERYTHING SWEEPSTAKES; 5 BEAUTY TRICKS I JUST LEARNED SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN.
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DANCING SWEEPSTAKES. NO PURCHASE

NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Beginning September 15, 2015, at 12:01 a.m. ET through October 19, 2015, at 11:59 p.m. ET, go to redbookmag.com/dancingsweeps on a computer or wireless device and complete the entry form pursuant to the onscreen instructions. One (1) Winner will receive two (2) tickets to the *Dancing With the Stars* performance finale on November 23, 2015; two (2) round-trip, economy flights to/from Los Angeles (ARV: \$1,500); three (3) nights' hotel, double occupancy (1 or 2 beds) in Los Angeles (ARV: \$1,050); spending money (ARV: \$500); travel insurance for winner and guest (ARV: \$150). Total approximate ARV: \$3,200. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/dancingsweeps.

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GABRIELLE'S COVER LOOK

ON THE COVER: Dress: Jill Jill Stuart. Earrings: Moritz Glik. Bracelet: Mattia Cielo. Ring: H. Stern.

INSIDE COVER: Shirt: McGuire. Skirt: Pink Tartan. Shoes: Casadei. Earrings: Moritz Glik. Necklace: Jade Trau. Bracelet: John Hardy.

GET HER COVER LOOK: Try Chubby Lash Fattening Mascara in Jumbo Jet and Clinique Pop Lip Colour + Primer in Nude Pop by Clinique; and Surf Infusion spray by Bumble and Bumble.

MARIA'S COVER LOOK

ON THE COVER: Sweater: Club Monaco. Skirt: Prada. Earrings: Tara Hirshberg. Necklace: Finn. Ring: Le Vian.

INSIDE COVER: Top: Club Monaco. Jacket: Maje. Skirt: Cynthia Rowley. Shoes: Calvin Klein. Necklace: Marcia Moran.

GET HER COVER LOOK: Try Healthy Skin Blush in Rosy and Moisture Smooth Color Stick in Juicy Peach by Neutrogena; and Triple Take 32 Extreme High-Hold Hairspray by Redken.

ERIN'S COVER LOOK

ON THE COVER: Jacket: AG Jeans. Skirt: Roksan. Earrings: Marcia Moran. Rings: Liv Haley.

INSIDE COVER: Top: Derek Lam. Skirt: Milly. Shoes: Jimmy Choo. Bracelets: Marcia Moran.

GET HER COVER LOOK: Try Blush Subtil in Shimmer Peach Lingerie and Shine Lover Lipstick in Twisted Beige by Lancôme; and StyleLink Texture Builder Texturizing Hairspray by Matrix.

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Upgrade your date night

We asked more than 1,000 women about their couple-time habits and came up with a few ways to make *yours* even better.



COUPLES WHO **ALWAYS** DO SOMETHING NEW FOR DATE NIGHT ARE

20%

HAPPIER AFTERWARD THAN PEOPLE WHO **NEVER** DO SOMETHING NEW.

THE **#1** REASON DATE NIGHT GETS

~~CANCELLED~~

50%

OF YOU SAY **YOU'RE TOO TIRED!**

Maybe make a date to watch a movie... in bed?

83%

OF WOMEN SPEND UP TO \$100 ON DATE NIGHT (BUT 38% OF YOU SAY IT'S USUALLY LESS THAN \$50).

DOUBLE DATES?

52% OF YOU SAY, "PASS!"

IT'S SUPPOSED TO BE ABOUT FOCUSING ON EACH OTHER,



NOT ON HOW

CRAZY THE

ANDERSONS ARE.

62% OF YOU **ALWAYS** DRESS UP A LITTLE FOR DATE NIGHT...

FACT: HEELS WITH YOUR JEANS CAN MAKE THE WHOLE EVENING FEEL FANCY.



ONLY **23** PERCENT of women say date night is about *Romance.*

For most (59%), it's about getting back on the same page.

WHAT DO YOU DO RIGHT AFTER DATE NIGHT?

6%

WORK. THERE'S ALWAYS WORK TO DO.

8%

TEND TO THE **kids.**

14%

SEXYTIME. **EVERY TIME**

72%

GO TO BED. ZzZz...

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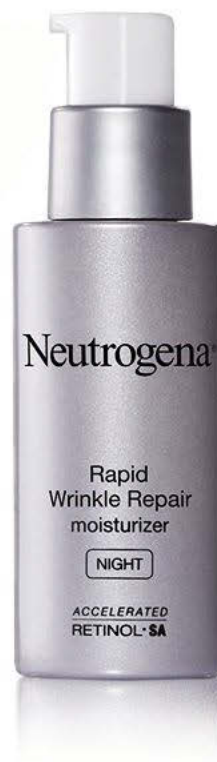
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